Sectt. 11-27—40,004—6-11-28.

L S G (1929) Department.

Mis SERIES.

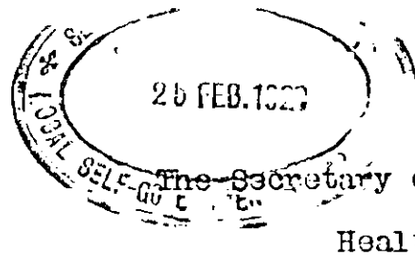
G.O. No. 784 (8.4)

DATED 23 - 3 - 1929

[Despatch Abstract.]

Grant - Rs. Health and Welfare Association South Kanara Rs. for health propaganda refused.

Mangalore.
Kankanady P.O.
24th February, 1929.



From

The Secretary of the S.Kanara District
Health & Welfare Association,
Mangalore.

To.

The Secretary to Government,
Local Self (Public Health) Dept,
Fort St.George,
M A D R A S.

Subject:- Donation for carrying on Health & Welfare Propaganda.

Sir,

I am directed by my Committee (a list of the members is enclosed) to apply for a donation of Rs 50/- per mensem for carrying on our health & welfare propaganda in this town and district-apart from temperance campaign for a grant of Rs 50/-p.m.for which a separate application has been made to the Secretary to Government,- Revenue Department. Of our past activities the enclosed reports,, statements and leaflets will give some indication. We have been relieved of the burden of supervision of municipal midwives as a result of the appointment of a municipal Health Officer last year. Our Association has established a Baby Welcome Home at Kudroli- (Mangalore), where about 22 babies are fed every day, with a staff of our own under the supervision of one of our members who is a- medical practitioner and municipal councillor. Another baby welcome home is connected with the Government Women and Children's Hospital in which through the Lady doctor and her staff milk is distributed to poor outpatient children while one of our doctor members distributes clothes, food and medicines to poor children and leaflets on village and parish improvement are printed and - published by the Hony Secretary-an idea of which can be formed

from the enclosed leaflets.

We wish to extend additional baby-welcome homes, more charity aids to mothers with babies lying ill and helpless at their homes, publishing health & welfare leaflets and entertaining - health visitors especially for the benefit of mothers and babies in their homes etc, It is hardly necessary to mention that such voluntary health activities are quite needed to supplement the work of the District and Municipal Health Officers and - staff. My Association used formerly to run the Baby and Health week at Mangalore until 1927. But the Municipality relieved us of that task in 1928. Having regard to our work and programme, my Committee trusts Government will be pleased to sanction the grant sought.

I beg to remain,

Sir,

Your most obedient servant;

S. Adam

Hony. Secretary,
Health & Welfare Association.

Concise Annual Report for 1923.

1. Establishment—Same as last year. Two of the midwives Netravathi and J. Furtado were on leave for short periods and their places were taken by H. Maben and Teresa respectively.

2. Summary of work done by them—The midwives visited 1037 new houses, and paid 30511 revisits. They registered 1317 expectant mothers and 262 children under 1 year of age, the latter born either outside Mangalore or in the Town without their knowledge. They conducted 1189 delivery cases and visited 117 cases by other trained midwives and 352 cases of country mid-wives. Thus they have visited 1658 cases out of 1943 cases reported by the Registrar—a percentage of 85·35.

3. Supervisor—The Supervisor has distributed Rs. 98—8—0 among 92 cases. The contribution was intended to feed the mother to enrich her milk and to supply the deficiency when the baby had to feed on the scanty or poor milk of the mother. In a few cases, carriage hire was paid to take the mother for delivery in the Maternity Ward of the Women and Children's Hospital. The Supervisor has also distributed 67 frocks for babies. He has paid 602 visits and given 102 prescriptions.

In this connection the Association has to thank the Indian Red Cross Society, Madras Branch, for kindly supplying the stitched frocks, to Mrs. Ellis, to the President, Secretary and Members of the Mangalore Ladies' Club and other ladies for kindly contributing the cloth for frocks and money for the maintenance of mothers and babies.

4. Mortality—19 mothers and 243 children under 1 year of age died. The death rate of children under 1 year of age per mille was 125·06 excluding still-born cases in spite of plague and small-pox. The number of deaths among mothers includes deaths from other causes than child birth, namely small-pox, tuberculosis, malaria &c. which was not the case in last year's Report.

Statistics of infant mortality before and after the starting of the Association.

Before

1917	160.77	per mille.
1918	212.61	„
1919	213.47	„

After

1920	147.80	per mille.
1921	138.52	„
1922	131.06	„
1923	125.06	„ in spite of small-pox and plague to which causes at least 15 deaths per mille may be ascribed.

5. General Remarks—The Institution has done a large amount of good and reached almost every home in Mangalore. The demonstration of its huge popularity was lately shown by the large number of mothers with their babies that attended the Baby Show held on the 15th and the 16th instant. We can without any hesitation say that we have thrown light into many a maternity room which was formerly dark. But a great deal more remains to be done.

Mangalore,
18—1—1924.

B. Colaço,
Honry. Supervisor of Midwives,
S. K. Dt. H. & W. Asson.

C. P. M.

Return of work done by the Supervisor and Midwives attached to the South Kanara District Health and Welfare Association during the year 1923.

No.	Names of Midwives	Ward	In her Ward				No. of Deliveries &c. in the following Wards										No. of mothers & babies helped for food or milk	Amount			No. of babies' frocks distributed	No. of prescriptions given	No. of visits by the Supervisor	Cases reported by the Registrar of Births & Deaths
			New houses visited	Revisits	No. of expectant mothers recorded	No. of children under 1 year of age recorded	Golikatte	Central	Market & Kodialbail Centre	Jeppoo	Fort	North Court and Kodialbail East	South Court	Cantonment	Kodialbail West	Total		Rs.	As.	P.				Births
1	Sabina D'Sa	N. Court & Kodialbail East	44	3058	286	73	..	..	1	..	..	91	5	.	..	97								
2	M. Moras	Jeppoo	..	2790	79	25	..	1	..	130	..	..	..	2	..	133								
3	Yohanna Salins	Cantonment	..	3879	123	21	4	6	4	3	2	2	9	100	7	137								
4	Netravathee	Fort	..	3319	109	3	..	..	..	7	76	..	..	1	..	84								
5	H. Maben (Ag.)	,,	..	886	34	1	2	4	2	..	6	1	1	2	1	19								
6	Yohanna Thimothy	Golikatte	..	2251	84	4	83	37	26	2	18	10	9	3	34	222	92	98	8	0	67	102	602	1943
7	M. Parvathi Bai	Market & Kodialbail Centre	632	2730	76	34	2	14	86	3	4	1	2	6	..	118								
8	R. C. Soans	Central	..	5149	92	26	8	69	10	..	11	2	4	1	3	108								
9	Lydia Bangera	Kodialbail West	..	3480	248	2	..	..	1	..	..	..	..	..	176	177								
*10	J. Furtado	South Court	134	1486	72	17	..	..	..	..	..	11	51	..	..	62								
11	[redacted] Teresa (Ag.)	,,	227	883	115	56	..	..	..	..	..	..	32	..	..	32								
		Total . .	1037	30511	1317	262	99	131	130	145	117	118	113	115	221	1189								
		By other trained Midwives					..	3	4	21	3	51	21	6	8	117								
		By country Midwives					48	27	30	29	25	83	25	31	54	352								
		Grand Total . .					147	161	164	195	145	252	159	152	283	1658								
		Deaths of mothers					1	1	5	4	3	3	..	1	1	19								
		,, children under 1 year of age					18	20	37	36	12	25	28	19	48	243	Rate per mille = 125·06							

Does not include J. Furtado's cases for October, November and December, as she has not submitted them.

P. T. O.

Expenditure incurred by the South Kanara District Health & Welfare Association. during the year 1927.

Rs 144-0-0 -Salary of the Bill Collector.

96-14-6 ~~119-6-4~~- Medicines and appliances supplied to midwives.

200 ~~222~~-0-0- House rent of midwives.

100-0-0- Contributions for the Health & Baby Week celebration.

24-14-0-Health Propaganda.

22-8- 0- Stationery.

160-14-2 ~~164-3-4~~- Maternity relief.

150-14-5 ~~81-9-5~~- Doles for milk for babies.

25-0-0- Frocks for babies.

12 28-~~4~~-0- Carriage for supervising midwives work. oc

1-7-0-Carriage hire to poor mothers in labour pains to attend the maternity ward.

8-0-0 Reward to midwives for bringing cases to the Maternity Ward.

0-7-6- Postage.

0-4-0- Furniture.

0-8-0-Arranging seats for General Meeting.

~~942-7-7~~ Total.

964-7-7

Mangalore
23.2.29

C. Colaco
Hon. Secy.

6

Expenditure incurred by the South Kanara District Health & Welfare Association during the year 1928.

Rs 144-0-0	Salary of the Bill Collector.
28-0-0	Furniture.
28-6-0	Health Propaganda.
0-7-6	Postage.
99-1-6	Carriage for supervising B.W.Homes etc.
8-10-0	Carriage for poor mothers in labour pains - brought to the maternity ward.
4-13-0	Copies of the"Health"
3-11-6	Stationery.
462-13-3	Maternity Relief.
56-8- 0	Doles for milk for poor babies.
1-15-0	Medicines for babies.
0- 6-0	Soap for babies.
20- 0-0	House rent of midwives
498- 1-11	Baby Welcome Home-Kudroli.
228- 6-2	Health Visitor.
67- 7-2	Milk distributed to poor babies in Women and Children's hospital.
1652- 11-0	Total.

Mangalore
23.2.29

C. Gibson
Hony. Secy.

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List of Members of the Executive Committee of the
South Kanara District Health
& Welfare Association.
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Mr.J.A.Saldanha B.A.,LL.B.,M.L.C.-President.

Revd Fr.A.J.D'Souza, Vice-President.

H.L.the Bishop of Mangalore.

The Collector of South Kanara.

The President, District Board, S.Kanara.

The President, Mangalore Taluk Board.

The Chairman,Mangalore Municipality.

The Assistant to the District Medical Officer.

The District Health Officer.

The Municipal Health Officer.

The Lady Apothecary Women and Children's Hospital.

The Secretary, Ladies Club.

Mrs.A.J.Lobo.

Rao Saheb Dr D.R.Colaco.

Dr.M.Shiva Rao L.M.(Dublin).

Mr.J.P.Sequiera B.A.,B.L.,

Mr.V.S.Albuquerque.

Dr.M.N.Pai L.M.P.

Mr.A.Rama Rao.

Mr.J.B.Machado.

Rao Saheb Dr.B.Colaco,Hony Secretary.

Mangalore
23.2.29

B. Colaco
Hon. Sec'y

VILLAGE OR PARISH IMPROVEMENT

by Rao Sahib Dr. B. Colaço

LEAFLET 1

1. How to improve a parish or a village in a material sense ?

   By improving the resources of the people and by teaching them to avoid dirt and waste.

2. How to improve the resources ?

   By improving agriculture the main occupation of the parish—and by improving the stamen of the people by more food and cleanliness.

3. How to improve agriculture ?

   By bearing in mind that a tree or a plant has the same kind of life as that of an animal except the power of speech and locomotion. So it requires food, drink, cleanliness, light and air.

4. What food does a tree or plant require ?

   The dirt or rubbish which is harmful to an animal is the proper food for vegetable life.

5. Whence can you provide the dirt and rubbish ?

   The rubbish from inside the house, the rubbish from around the house, the dirty water and ashes from the bath room and kitchen and contents of the cow shed and of the latrine.

6. What benefits do you derive by supplying food and drink to the vegetable life ?

   You at first render the house, its appurtenances and surroundings clean, you drive away flies, mosquitoes and other insects, thus by creating pure atmosphere improve your health. Next you fertilise your tree and coax it to yield more fruit.

7. How to clean a tree ?

   By pruning it, and by removing all rotten or decaying matter.

8. How to provide light and air to the tree ?

   By planting each tree sufficiently far.

9. What is the average income of an Indian ?

   Two annas six pies a day.

10. Does he spend this income properly ?

    No. He wastes a part of it.

11. In what way does he waste ?

By unnecessary borrowing for showy social ceremonies such as marriages, by wasting time and money in litigation or otherwise ; by insanitary habits he contracts sickness and wastes his energy and he wastes his money on drinks, thus leaving very little margin for his food and clothing.

12. Supposing that Mahatma Gandhi's Charka is universally used and import of foreign cloth is entirely stopped, what will be the average income of an Indian?

It may be raised to 2 as. 6 ps. per day, increase of 1 pie a day and there will be trade disturbances.

13. Supposing that universal cottage agriculture is introduced what will be the average income of an Indian ?

It may be raised to 3 annas a day or even more. Moreover the occupation will be more healthful and less tiring. Trade will flourish.

21. 11. 1927.

C. P. M.

VILLAGE OR PARISH IMPROVEMENT

by Rao Sahib Dr. B. Colaço

LEAFLET 2

1. You say that agriculture in the village or parish should be improved. Is it not in a normal condition now ?

   Not at all. It is in a poor condition. Consequently, the yield per acre is said to be one of the poorest in the world.

2. I was under the impression that the Indian Cultivator knew his business as much as others.

   I am not aware of it. Anyway he does not practise what he knows, if at all he does.

3. You astonish me. Can you prove your statement ?

   Yes, I can.

4. Is it book knowledge ?

   Not much. It is mostly by observation and experience in my garden and thousands others.

5. Can you quote examples ?

   Yes, by observing the state of gardens in and around Mangalore where people are expected to know better, being better educated. If you can take the trouble you can go further into the interior villages.

6. What is wrong with the gardens ? Viewing them from the top of the Light House Hill, they look so beautiful, fresh, green and refreshing.

   Yes, you see the green leaves, fresh and of various colours. But if you go close and see the trees from inside a garden they resemble a tuberculosis patient with flushed cheeks.

7. All gardens and all trees ?

   At least a large number, majority I may say, are sickly.

8. What is the result ?

   Scanty fruit and distressing sight from inside.

9. Have you discovered the causes ?

   Yes, more or less.

10. What are they?

a) Uneven ground owing to which manure and soil are washed away by rains. *b*) Imperfect compound wall or hedge admitting the invasion of cattle, goats, pigs, dogs, cats, fowls and men from outside into the compound. *c*) Too close planting. *d*) Jumbling up of trees of different kinds of growth *i. e.* a single stemmed tree such as cocoanut along with a branching tree such as jack or mango. *e*) No selection of seed or plant. *f*) Trees not manured, even the dry leaves, their natural manure, being removed. *g*) Roots of different trees struggling against each other for such scanty manure as is available. *h*) Similarly, grass and undergrowth not removed whose roots eat up the manure and drink the moisture and struggle against the roots of trees. *i*) Hard ground difficult for roots to pierce through and drawing away underground moisture, further hardened by the tread of men, cattle, goats and pigs. Fowls scratching and injuring the rootlets. *j*) Want of cleanliness of the garden. *k*) Want of cleanliness of the tree. *l*) Eating up of tender shoots by cattle and goats and digging up the tender roots by pigs. *m*) Absence of settled paths, men and women walking all over. *n*) And lastly, no master's eye or foot, except at the time of plucking a scanty harvest.

11. Will you please explain to me what harm is done by the different defects mentioned by you? I have been told that a grown up tree should take care of itself, excepting one or two varieties such as cocoanut.

Nonsence. It is exactly because the defects exist, our gardens, which should be little Gardens of Eden, with fragment, fruitful, health giving atmosphere, are dirty eyesores, showing signs of squalor, dirt and disease and starvation.

In my next leaflet I will fully explain to you the harm done to the garden by the defects enumerated above.

16. 12. 1927.

C. P. M.

VILLAGE OR PARISH IMPROVEMENT

By Rao Sahib Dr. B. Colaço, Honorary Secretary, South Kanara District Health and Welfare Association.

LEAFLET 3

1. Will you please explain to me the harm done to the garden by the defects mentioned in Leaflet 2, as promised by you?

   Before doing so I must describe to you the arrangement which the Great Architect of this Universe has made for the wellbeing of Life. His Supreme Will is that all Life must live happily and glorify Him for His immense bounties. The arrangement is so simple, so easy, yet so grand, glorious and magnificent. Its reward is Bliss in this World, a Paradise on Earth, a Garden of Eden. But all this has to be obtained, on one condition, namely, obedience to His mandate to our first ancestor—"with the sweat of thy brow thou shalt eat thy bread."

2. What is the arrangement you speak of? I am so eager to know.

   Listen then attentively. The Great Being has ordained that all excrement of Animal Life—of the kitchen, bath room, latrine, animal shed and bird's cage should directly go under Mother Earth with the dead portions of the Vegetable Life. In the Great Laboratory of Mother Earth it is disinfected, freed from its harmful effects on Animal Life and is converted into a delicious food to the Vegetable Life. The Vegetable Life takes up this wholesome food in its laboratory and in its turn throws out its own excrement.

   Now behold the wonder! Whereas the excrement of animals is dirty and unwholesome to Animal Life, the excrement of Vegetable Life is clean and wholesome and sustaining the Animal Life in various ways in the shape of food, flowers and medicine. What is harmful to the one is indeed wholesome to the other. It is a great exchange and beneficial exchange too. It is a perfection of mutual help and of the principle of benevolent cooperation. "Give me your waste and I will give in return what is most useful to you." What a wonderful Laboratory in each of the two kinds of Lives. So this beneficent and benevolent cycle goes on, on and on, day after day, month after month and year after year.

The Alimentary Canal of Animal Life begins as its mouth up and ends downwards, whereas in the Vegetable Life it begins below and ends upwards. It is easier to transfer the excrement of Animal Life to the mouth of the Vegetable Life, but more difficult the other way.

3. How wonderful, how splendid, how grand, yet how simple!

Yes, wonderful, splendid, grand and simple.

4. And the result?

Health, happiness and plenty all round. Let us give thanks to the Great Creator for His bountiful arrangement.

5. Health, happiness and plenty to all?

To all, to all, to the man, his family and his neighbour, to his cow, his buffalo, his dog, his cat, to his fowls and to all, all, all.

6. How are health and plenty brought about?

By removing the cause of disease, namely dirt, and handing it over to Mother Earth to disinfect it and to convert it into delicious food for Vegetable Life. This simple process is the essence of the Sciences of *Agriculture* and *Sanitation*.
Simple, beautiful, grand indeed.

7. And what is the "sweat of the brow," you have alluded to?

The labour occupied in transferring into Mother Earth the excrement of Animal Life and harvesting the excrement of the Vegetable Life in the shape of fruits and flowers.

8. Does this rule apply to all?

Yes to all.

9. Is this rule followed by all?

No. Consequently, there is so-much disease, destitution and misery.

14—1—1928.

C. P. M.—224—'28.

VILLAGE OR PARISH IMPROVEMENT

By Rao Sahib Dr. B. Colaço, Honorary Secretary, South Kanara District Health and Welfare Association.

LEAFLET 4.

1. In your last leaflet you have stated that the mandate of the Creator is not followed by some people.

   Why some people ? Probably a good many. In our country there are two main factors which influence the lives of the average. These factors are Custom and Prejudice. These are important causes which eat into the vitals of the people. When one has to marry a daughter Custom demands that he should feed a large number of people altho' thereby he will have to mortgage his only small house and garden. Custom demands that he should give a large amount of dowry altho' thereby he will be obliged to sell the house and garden and wander about as a tenant for the rest of his days. Custom demands that costly liquors should be served to guests altho' the host is aware that he will have to foot the bill for months and months. Custom demands that one should provide a costly dress for his daughter, altho' that may mean a poor dinner to the family.

   Again Custom demands that one should not engage himself in manual labour, especially of the soil, although he may otherwise starve and will have to beg for food. Society in our country is too exacting !!!

   Of all kinds of animal excrement, that of the man is the most nutritious to the Vegetable Life when laid under earth. But unfortunately, in our country there is a kind of Prejudice against it being used as a plant food. It may surprise you to learn that even among the depressed classes there are castes to whom it is a pollution to touch it even with a stick, let alone the upper classes, and even to look at it.

   Curiously, however, it is a practice in villages among people to deposit their excrement on the surface of the soil without any attempt to cover it.

2. It is true. What is the result ?

   I have to tell you something more. It is a Custom in our country to give morning meal to the cow, the pig and the fowl, and in many cases to the dog and then to let them out to forage somehow or other, wherever they can, for the rest of the day. These half starved creatures feed themselves on anything they can, either in the compound of the owner or, straying themselves thro' unrepaired walls, in the compound of their neighbours,

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bearing a trail of destruction in their path. The human excrement lying exposed in these compounds is one of the objects upon which they feed to appease their hunger. You can imagine what will be the quality of the pork, beef, milk and eggs of such animals which people use.

3. Any other harm ?

Yes. The tree is deprived of its nourishing article. If any of the excrement is allowed to remain, the air, the sun and the rain effect a chemical change and let out gases harmful to man. Or the rains may wash it into drinking water and cause disease thro' the stomach. Or when dried, the powder may float in the air, inhaled by man and cause disease.

4. What is the loss to the country ?

Immense. The waste of human excrement is, in my opinion, the main cause of the poverty of soil of our country whose exhaustion could have been recouped by the addition of this most natural manure and the best one too. It will surprise you to learn that we are, by our Prejudice, wasting tons and tons of this most valuable product and instead of utilising it to increase the food supply of our country, allow it to be the means of propagating disease. What a *Great Waste* in both ways. No wonder the twins, Poverty and Disease are stalking the land.

It seems to me, therefore, that one of the great problems of agriculture and sanitation is how to dispose off the human excrement in such a way *as to make it an agent for the improvement of agriculture* instead of being *an agent for the propagation of disease* and this is done in China, Japan and other countries of the world. In our Municipalities we pay for the removal of human excrement whereas in some countries the Municipalities pay for the removal of it. In fact they buy it from the owners and dispose off it in their own farms or sell it to other farmers. Their example may be followed by our Municipalities also and our taxes may be lightened thereby.

5. Can you suggest ways and means as to how to do it ?

Yes, I shall try, although an amateur.

5. 3. 1923.

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VILLAGE OR PARISH IMPROVEMENT

by Rao Sahib Dr. B. Colaço,

Honorary Secretary, South Kanara District Health and Welfare Association.

LEAFLET V.

1. Will you please give your opinion on the disposal of human excrement to the best advantage ?

In my previous leaflet I have explained to you the harm and loss to the country as a whole caused by the habit of the people in depositing the excrement on the surface of the soil here, there and everywhere and letting it exposed. The most common diseases which prevail among the people, namely, enteric fever, cholera, round worm, hook worm, dysentery, diarrhoea and others may be directly or indirectly traced to this cause and breeding of insects such as flies may be traced to it. If people be taught to refrain from this habit and to utilise the excrement for increasing the food supply of the country, we can gradually pull the country up from the depth of poverty and disease to the height of health and wealth, and remove from us the reproach that we are the centre from which diseases, such as cholera, are spread abroad and that we, although one of the poorest people in the world, are one of the greatest wasters of our resources. The way is very easy. Instead of depositing the excrement haphazard it may be bottled up and covered with a disinfectant, allowed to season and then applied as manure. By doing so we will be killing two birds with one stone. We convert the object from being a source of disease to being our agent for the production of wealth.

2. What is the bottle you speak of and what is the disinfectant ?

For a household containing, say 5 members, a common well seasoned earthen pot is cheap, handy and convenient. The disinfectant is dry powdered earth. The earth, for example, thrown over a mass of excrement acts in two ways. It acts at once as a camouflage hiding the ugly mass and removes the smell, thus relieving both the eye and the nose, and gradually it works the mass into its own in about a year or two. By that time it is all a rich soil freed from its harmful effects. It is then properly seasoned manure fit to be placed at the mouth of the feeding roots.

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For large masses of people who have no gardens and who have no opportunity of using it, as is the case in Municipalities, the contents of the pot may be carried to a distance outside the town, deposited in pits or trenches rendered waterproof by a coating of cement and covered with dry earth. After a year or two the contents may be removed and used to fertilize the Municipal farm, if any, or sold to the neighbouring farmers.

3. Quixotic! Impracticable!

All innovations were quixotic and impracticable at one time or other. But they have been established facts. For example, spitting on the public road which was common in England some years back, is now fully stopped.

4. What will be the result of your suggestion?

Marvellous and far reaching. Cholera, hook worm, enteric fever and other diseases will disappear. The soil will be sweet, the atmosphere will be sweet and water wholesome. Death rate will come down and the countryside will smile with plenty.

5. Does the rule apply to only human excrement?

It may be applied to all animal excrements, cattle, goat, pig, horse, &c.

B. Colaço.

13—4—1928.

C. P. M.—1257—'28.

VILLAGE OR PARISH IMPROVEMENT

By Rao Sahib Dr. B. Colaço, Honorary Secretary, South Kanara District Health and Welfare Association.

LEAFLET. 6

1. Can you describe in practical detail the methods to carry into effect what you have stated in Leaflet V.

Yes. Take the case of a farmer who owns an acre or two, a cow, a pig, a goat and 2 or 3 pairs of fowls. He should dig a pit in a corner of his farm and bury therein a full sized well seasoned earthen pot up to the brim, stowing away all the dug earth on one side of it in a heap. A temporary shed should be built thereon sufficient to shelter the person using it from the sun, the rain and the public gaze. A cheap contrivance should be made as a seat so that droppings may fall directly into the vessel. This will be a convenient cheap latrine for the family consisting of, say, 5 members. After each call one or two handfuls of stored earth may be thrown in to cover the droppings with a flat cocoanut shell spoon. The contents of the cattle shed, pig shed, goat shed and fowl house should also be thrown in along with rotting vegetable matter and the refuse of the house and of the kitchen as they accumulate and earth thrown over the mass. As soon as the pot is full it may be covered over and left where it is. Another site should be selected and a new pot buried and the shed transferred to the new place. The farm is thus kept always clean, the dirt polluting its surface being kept locked up in an impervious receptacle and mixed and covered with earth to be converted into a most valuable manure. After a year or two the contents of the pot which form a rich soil may be scooped out and used to fertilise the farm.

2. The cost and the labour ?

Hardly any compared with the resulting rich manure which is Wealth itself. The shed may be of bamboo and cadjan worth a few rupees and the same materials may be removed and built up in a new place. The pot may be worth about 5 or 6 annas which is small enough when compared with the value of the rich manure contained therein which, if properly used when seasoned, will yield fruit many many fold.

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3. Is the farmer ignorant of the use of manure?

He knows the value of the manures but out of prejudice he does not use some kinds and those he uses are not stored and preserved properly.

4. Give an instance.

He uses cattle manure freely. But look at the way he stores it spread on the surface exposed to the effects of sun, rain and wind which deprive much of its properties, instead of boxing it and retaining all the qualities.

The main cause of the poverty of the country is poor crop owing to deficiency of manure. Year after year the soil gets deteriorated and sufficiently rich manure is not applied to recoup the soil. The materials to form the manure are within easy reach but owing to prejudice, custom, apathy and ignorance, the farmer does not utilize the best of them. He is unwilling to use them altho' at hand and as a punishment these materials turn against him by causing sickness and poverty.

5. What a mistaken mentality? What a loss?

Yes; mistaken mentality. Great loss.

6. What to do to change it?

Mass education on correct lines and correct thoughts, mainly on Agriculture and Sanitation.

7. By whom?

By all those who live by the "sweat of the brow" of the poor man.

8 Any one else to whom we can appeal?

Yes. The great Missionary Bodies sent by the nations of the world for our moral and material uplift.

9. What will be the result by this change of mentality?

Every farm will be converted into a small "Earthly Paradise" fit for beings "created in the image of God" to live in. Much of the poverty and sickness now prevalent in the country will vanish like magic. The hospitals now overcrowded will almost be empty. Lakhs if not crores of rupees will be gained by the improved physique of the people and improved produce of the land. The sad and depressed face of the countryside will give place to cheerfulness all round.

VILLAGE OR PARISH IMPROVEMENT

By Rao Sahib Dr. B. Colaço, Honorary Secretary, South Kanara District Health and Welfare Association.

LEAFLET 7

1. In your last leaflet you have advocated the removal of certain waste matter to render the house and garden clean. Is the list complete?

   No. I have to state that besides the excrement and the rotten vegetable and other solid organic matter, you will have to dispose of the liquid waste, namely, the urine of animals, water of bath-room and of the washing of domestic utensils and clothes. If you visit an ordinary house you will observe, that the backyard is mostly dirty, although the frontage may be clean. This dirty condition is mainly due to the dirty water coming out of the bath-room being allowed to stagnate and puddle. The same is the case where clothes and utensils are cleaned. Near by broken pots, pans and bottles are also thrown.

   In some farms there are clean water wells and tanks containing weeds.

2. What is the result?

   The puddles are the breeding places of a variety of mosquitoes which suck our blood and disturb our rest. In the rainy season the broken vessels also contain water and form such breeding places. The weeds in the tank conceal breeding places of another variety of mosquitoes whose bites cause malaria.

3. The remedy?

   Arrangements should me made so that the liquids may be disposed of in such a way as not to collect in the same place and form puddles. They should not be thrown near a well. Broken bottles, pots, pans should be destroyed and buried. The tanks should be cleaned of weeds. The urine may be thrown in a pit and covered with earth far from the well but around a tree.

4. You have stated that, by cleaning the house and the compound you will render the overcrowded hospitals almost empty. How?

   The diseases mostly treated in hospitals are the following and these are caused by germs and insects feeding on dirt of various kinds.

a) Dysentery, diarrhoea, disturbance of brain and of digestion caused by round worms, whose ova are found in the human excreta and find their way through water or air into the human intestines.

b) Sucking of the blood from inside the bowel causing bloodlessness and prostration of the whole system rendering the system susceptible to the influence of other diseases such as typhoid, pneumonia and tuberculosis caused by hook-worm or leech worm of the bowel, whose ova are also found in the human excreta, and which pass into the human intestines through the skin of the feet by treading upon moist soil impregnated with fœcal matter.

c) Disagreeable sensations in the abdomen, gnawing or colicky pains, irregularity of bowels, deficient or voracious appetite, salivation, itching at the anus, vomiting, giddiness, fainting languor, head-ache, mental disturbance, hysteria and epilepsy caused by tape-worms whose ova are also found in the human excreta and pass into the system of man through eating foul pork.

d) Heat or itching of the anus, irritability of bladder with frequent micturition, night discharges, prolapse of the anus, and irritation of the neighbouring organs caused by thread-worms whose ova are also found in the human excreta and pass into the healthy human system by means of drinking water or otherwise.

e) Enteric fever caused by bacilli found in the excreta of typhoid patients and passed into healthy human body through drinking water or other sources.

f) Cholera, caused by bacilli found in the excreta of cholera stricken patients and passed into the healthy body by means of water or otherwise.

In addition to the above, there are diseases caused by insects bred on other kinds of dirt, namely,

a) As I have stated above, malaria due to the bite of a variety of mosquito whose breeding ground is a marshy place.

b) Sleeplessness, loss of blood, irritation of skin and elephantiasis due to the bite of another variety of mosquito bred in dirty stagnant water such as a puddle or pool.

c) Typhoid, cholera, dysentery, diarrhoea, consumption and sore eyes disseminated by house flies which breed in excrement of all kinds, cesspool remains, decaying vegetables and fruits, peelings of potatoes, mangoes, plantains and other fruits thrown all around the house, and sit on exposed articles of food after sitting on human excreta or sputum of the affected patients.

d) Sand fly fever and sucking of blood by the sand fly.

e) Plague caused by blood sucking fleas of rats infesting the house owing to the indiscriminate throwing haphazard of food and refuse of food articles in and around the house.

f) Relapsing fever and *Kala-azar* caused by bugs.

g) Relapsing fever, typhoid and trench fever, sucking of blood and causing of irritation and small ulcers by lice.

h) Fever and lung complaints due to deleterious gases let out by the decaying vegetable and animal matter polluting the air, not supplying sufficient oxygen and instead supplying vitiated gases.

i) Itch, ringworm and other skin affections due to want of personal cleanliness.

5. Horrible, horrible. No wonder that there is so much sickness and mortality is so high.

Indeed it is horrible. God has ordained that, as in the "Garden of Eden," we should inhale fragrant, sweet, balmy air, drink the purest of water, eat the most delicious food and tread on clean ground and be healthy, happy and cheerful. But we, fallen as we are, by our own sinful apathy, ignorance, indifference and sloth pollute the sacred mother earth on which we tread, the air which we breathe and the water which we drink, the most precious gifts given to us by God, thus bringing on ourselves misery, sickness and sorrow, and to get rid of the diseases we are obliged to swallow unpalatable medicines many of which brought from abroad at great expense.

C. P. M.—2685—'28.

VILLAGE OR PARISH IMPROVEMENT

By Rao Sahib Dr. B. Colaço, Honorary Secretary, South Kanara District Health and Welfare Association.

LEAFLET 8

1. Any other breeding place for mosquitoes in a garden?

   Yes, the hollows or pits made for excavating earth for building purposes, which contain water during the rainy season.

2. Remedy?

   Fill them up.

3. Any other diseases besides those mentioned in leaflet 7 caused by treading barefooted on the polluted surface of a garden?

   Yes. Tetanus, caused by polluted wounds due to pointed dirty instruments such as a dirty thorn or dirty piece of glass or tin.

   Putrefaction of wounds on feet and lower parts of legs causing large ulcers, which heal with difficulty.

4. Is dirt, such as excrement containing ova of hookworm, scattered throughout the garden or even inside the house? If so, by whom?

   It is scattered throughout the garden by wandering cats, dogs, fowls, pigs, cows and human beings. The human beings bring it inside the house and so do pet cats, dogs, cows and fowls who come for drink or stray articles of food with their dirty feet.

5. Besides adding to the pollution of surface soil what harm is done by a human being, and stray cats, dogs, fowls, cows, goats and pigs?

   In our country the rule of the sanctity of the ownership of a neighbour's garden is not properly understood by some—specially in the matter of trespass within its precincts—and this is facilitated by the garden not being properly walled in or hedged in. The result is general depredation and general pollution. An ill-willed outsider may remove the leaves, branches and fruits for his use impoverishing the soil and depriving the owner of the legitimate fruits of his toil.

6. Is there much harm done by the removal of leaves, say of a jungle?

Yes. The leaves dropped by the trees are useful in many ways to the jungle. In the first place they protect the roots of the trees from burning sun in hot weather. In the second place, where the ground is slopy, they prevent rain water from precipitately flowing down washing away the surface soil each leaf acting as a tiny bund. In the third place leaves retain moisture and prevent evaporation from the surface. In the fourth place they prevent the ground from getting hardened. In the fifth place the rotten leaf acts as a manure and lastly the leaves are converted into soil, thus adding one more layer of soft earth.

7. Indeed!

Yes. But there are lots of people who are not aware of it and believe that it is useless to leave the dead leaves under the trees. In many cases jungles are swept clean and leaves sold to outsiders for a small amount not knowing the great harm done to the jungle and being great losers in the bargain.

8. How?

Leaves which they sold for Rs. 10 would have, if left where they were, produced Rs. 50 worth more timber and firewood by fertilising the trees.

9. How foolish?

Yes. Some people, I am afraid, do not know.

10. What is the harm done by other animals?

By treading on the ground they make it hard. By jumping over a low wall and by pushing themselves through a week hedge, they create breeches in the boundary of the garden. The cat, the dog and the pig eat up animal manure such as fish manure. The pig digs up the roots and eats them and eats up fruits which are within its reach. The cows and goats, as you know, eat up the leaves including the shoots.

11. What about the fowl?

This terror of the vegetable life is perhaps the worst destroyer whether it belongs to the house roaming about with its head high and assuming airs as if it is the "monarch of all he surveys and there is none to dispute his will" or the timid, roguish fowl belonging to a neighbour and knowing very well that he is an intruder, ever wary, watchful and alarmed at the least sign of

the approach of the master of the garden. The rearing of a fowl, as well as of other animals, as is done in this country is economically and in a sanitary point of view unsound to the owner and to his neighbour and unjust to the latter, causing often times petty losses of temper and ill will where utmost good will should prevail.

12. How?

If you carefully observe and watch the movements of a stray fowl you will see that it feeds, when hungry, on any dirt, particle by particle, whether spread on the surface or buried underground by scratching the surface by means of its powerful, sharp claws. In the process of digging it destroys the minute roots, the feeding roots of the vegetable life, and when doing so scratches the trunk of the plant. Thus it injures the trunk and the feeding roots and deprives the plant of its food. If there are flowers and fruit buds within reach they too are gone. The fowl is a voracious feeder and unless its stomach is full will be constantly roaming about in search of food and the exercise involved makes it more and more hungry. The whole garden is exploited for this purpose, injuring every tree and spreading dirt everywhere, both by its feet and its beak.

13. So you think that the rearing of domestic animals in the way it is done now is unsound both in points of economy and sanitation?

Yes.

14. How economically unsound?

Take, for example, the instance of a fowl. At the lowest culculation the food given at home will cost 3 pies a day. That comes up to Rs. 6 a year. Add to this the cost of the damage done to the garden which must be considerable. The loss to the farmer caused by a brood of fowls when crop is ripe in his fields must be immense indeed.

Such a fowl when brought into the market may cost only between Rs. 1 and 2.

15. No wonder that the average yield is so low!

With the present mentality of the people things cannot be otherwise. With a false sense of economy many of them sell away for a trifle some valuable fertilizers. Other fertilizers they scatter on the surface and allow them to be eaten by their animals and the remnants they allow to be the agents for causing and propagating disease. They allow their vegetable

2b

life, so useful to them in various ways, to be scarred and wounded and diseased for life. They callously let their companions, the domestic animals who help them and who minister to their wants, to live on dirt instead of feeding them with healthy nourishing food.

The result is universal malnutrition, universal maldevelopment, universal poverty, universal disease and universal stunting of vegetable and animal life. The country bred cat is poor, the country bred dog is poor, the country bred cow is poor, the country bred pig is poor and the country bred fowl is poor. All are alike despised and degraded.

B. Colaço.

7.9. 1928.

C. P. M.—3368—'28.

VILLAGE OR PARISH IMPROVEMENT

By Rao Sahib Dr. B. Colaço, Honorary Secretary, South Kanara District Health and Welfare Association and member of the Executive Committee, South Kanara District Advancement Association.

LEAFLET 8

1. Who suffers most from Pollution of Surface Soil specially among the poor?

   Children.

2. Why and how?

   In the first place children contribute or are made to contribute most to the pollution. The older people, for the sake of decency, will go far but children invariably ease themselves on the background or are made to do so. Again older people may be cautious in avoiding treading on dirt but unknowing children may not be as careful. Young children may play, sit or roll themselves on dirty ground unknowingly. Cleanliness is considered a virtue in our country but owing to various reasons children are not cleaned as often as they ought to be. A crawling baby may put into its mouth any dirt or dirty fingers. Older children may take their food with dirty hands. Pollution may enter the mouth of the baby even by sucking mother's milk as the mother's parts covered with a dirty cloth, washed in dirty water or spread on a polluted surface for drying, may not be always clean. Or dirt may enter by drinking polluted water or milk diluted with such water or from dirty vessels. Dirt also may enter thro' ulcers such as ulcers of navel or ulcers of vaccination or itch.

   The nose and mouth of a child being nearer the surface of the ground than those of older people, the influence of unhealthy gases emanating from decomposing surface dirt is worse felt.

3. Do poor Indian mothers not love their children?

   Of course they do and are prepared to do any sacrifice for them. In fact observant foreigners who visit our country say that no mother loves her children more than an Indian mother does, and in no other country children are so much pampered. Some of them go even to the extent of saying that our country is a children's paradise.

4. If so, how is it that mothers, especially of poorer classes, allow their children to get themselves sick by causes which are avoidable?

   The cause may be attributed mainly to ignorance; also to circumstances beyond their control. A poor Indian mother, as a rule, has enough to do in the house without children and with children her task is simply a drudgery. Again there is the chronic state of poverty as well as baneful customs and prejudices.

2. €

5. Prejudice against what?

Prejudice against frequent bathing, against keeping doors and windows of the house-open and against light. Then again there is the evil eye.

6. What to do to remedy this state of things?

By educating the mother to develop her mental horizon and to create a desire to lead a higher life.

7. How?

By teaching her how to do her duties in an easy and pleasant manner and not like a drudge and creating facilities with that object in view, by teaching her to take care of herself especially during the period of maternity, by teaching her the benefits of cleanliness of herself, of her child, of her house and of her garden, by teaching her to avoid pollution of the surface around her house and to discipline her child in good habits, and by teaching her to value clean water, pure air and light and to overcome pernicious customs and prejudices.

8. Anything else?

People as a whole should be put in the way of improving their economic resources and of living a better standard of life, mainly by improved agricultural production.

9. Is it not done now?

Yes it is. The Agricultural, Public Health and Educational Departments are doing their best in their respective spheres. In Lord Irwin we have a Viceroy who is very keen on the improvement of Agriculture. The Royal Commission on Agriculture sent to investigate the Agricultural conditions in our country has made many recommendations to uplift the rural population.

By the initiative given by distinguished and noble hearted ladies, namely the Marchioness of Dufferin, Lady Chelmsford, Lady Reading, Lady Willingdon, Lady Goschen, Missionary Bodies, and public spirited Indian ladies and gentlemen such as Pandita Rama Bai, Dr. Muthulukshmi Ammal, Professor Kharve, Malabari, Sir Gungaram, Sashipada Banerjee, Virasalingam and others, the improvement of the lot of the Indian Women has already begun and taken root by the opening of Women's Colleges, Schools, Hospitals, Maternity and Child Welfare Institutes and Widows' Homes.

It is a happy sign of the times that our countrymen are awakening to a sense of their obligation to the women's uplift. All movements for their betterment find sufficient support from the public. But as yet only the fringe has been touched. Let us hope that at no distant date our women will be as free and enlightened as in other advanced countries, of course retaining all their native virtues.

By enlightening our women we will be enlightening our country.

10. '28. B. Colaço.

P. [illegible]001—'28.

REPORT

OF THE WORKING OF THE

South Kanara District

Health and Welfare Association

For the years 1920 to 1923.

Report of the working of the South Kanara District Health and Welfare Association for the years 1920 to 1923.

The Executive Committee of the Association has much pleasure in presenting to the members and to the general-public the following report of the working of the Association for the period, 1920 to 1923. The Committee regrets that a general meeting of the members could not be held till now.

Origin and history

When the Health and welfare movement was first inaugurated in India and the Madras Presidency Health and Child Welfare Association was established in Madras under the auspices of Lady Willingdon, our district had not evinced any interest in the movement. Only a few gentlemen from this district, about 3 or 4, became members of the Madras Association. In about April 1920 a suggestion was made by the Madras Presidency Health and Childwelfare Association to Mr. R. H. Ellis, the then Collector of this district, to form a committee here. Accordingly Mr. Ellis after consulting a number of influential ladies and gentlemen in the district and getting a hearty response, convened a meeting which was held on 30—8—1920. It was resolved at this meeting to establish an association under the name of the South Kanara District Health and Welfare Association, to carry out health propaganda in this district. A provisional committee was formed to frame rules and draw up a programme of work. This committee was later enlarged and became the executive committee of the Association. Mr. Ellis, the Collector was the President of the Committee while Dr. V. Verghese, the District Medical and Sanitary Officer, was the Vice-president. Rao Saheb Dr. B. Raghavendra Rao was the Secretary with Dr. B. Colaco as the Deputy Secretary. Mr. P. F. X. Saldanha was the Honorary Treasurer. Besides these office bearers the committee included the following members—the

Chairman of the Municipality, the President of the District Board, the President of the Taluk Board of Mangalore, The Lord Bishop of Mangalore, Mrs. Ellis, Mrs. L. Sreshta (secretary of the Ladies' Club), Mrs. H. Manoram Bai, (—the Secretary of the Mahila Sabha,) Mrs. M. M. Lobo, Miss V. V. Janaki, Mr. N. Venkat Rao, Mr. M. Puttur Sâhéb, Dr. Bhavani Rao, Mr. A. Rama Rau, Dr. N. Panduranga Rao, Mr. A. Srinivasa Pai and Mr. H. Koragappa.

Dr. V. Verghese who actively co-operated with Mr. Ellis in successfully launching the Association ceased to be the Vice-president on his retirement from service in 1921, and was succeeded by Lieut-Colonel J. Kirkwood. Owing to the transfer of Mr. R. H. Ellis his successors in the office of Collector became Presidents in turn. But when Mr. G. W. Wells became the Collector he expressed the desire to see the Association freed from official leading strings and accordingly Mr. J. A. Saldanha, a retired Assistant Sessions Judge of the Bombay Presidency and now member of the Madras Legislative Council, was elected President on 14—9—1923. During the temporary absence of Rao Saheb Dr. R. Raghavendra Rao about the beginning of 1922, Mr. H. Balakrishna Rau was elected Honorary Secretary. Dr. Raghavendra Rau did not return to take up the secretaryship but resigned the office as he was leaving the district permanently. Mr. Balakrishna Rau has continued to be the secretary. Mr. P. F. X. Saldanha has continued to be the Honorary Treasurer and Dr. Colaco as Dy. Secretary.

Members

The Association had on its rolls 15 I grade, 17 II grade and 55 III grade members. The number however on the rolls on 31—12—1923 was 7 I grade, 8 II grade, 55 III grade and 2 non-resident members.

Finance

The income of the Association is derived from subscriptions paid by the members, by donations and other sources. Of the members, 56 gave donations ranging from Rs. 100 to Rs. 2. The number of donors other than members is 58, their donations ranging from

Rs. 100 to Rs. 8. The total donations received amounted to Rs. 1,576—8—0. Among other sums realised may be mentioned Rs. 881—8—0 derived from two benefit entertainments and the surplus proceeds of the entertainment given to Dr. Verghese. Rs. 131, a gift by the members of the Ladies' Club, Mangalore, given for the maintenance of indigent mothers and babies, Rs. 100 from the Mangalore Taluk Board and Rs. 500 from the discretionary grants of the Collector for purchasing a magic lantern and slides. An Abstract of the accounts is given separately as Appendix A to this report. The balance on the 31st December 1923 was Rs. 2,359—3—4.

The statement of accounts appended to this report was prepared and verified by the Honorary Treasurer. The accounts have not been audited by an auditor. An attempt had been made to have the accounts audited by an auditor of the Collector's office but as the auditor required the attendance of the Treasurer or the Secretary which being impracticable the audit was not completed. The Committee will take the earliest opportunity to have the accounts audited by a specially appointed auditor. A list of subscribers and donors with the amount received from each is affixed to the report as Appendix B.

Working of the Association

The Association is at present directing its energies on maternity and childwelfare work only. It began the work by engaging 4 midwives on its own account apart from those engaged by the municipality, and stationed them in Kodialbail west, Fort, Jeppoo and Southern Court wards and appointed local supervisors to superintend their work. From the beginning of the month of July 1921 supervision over the 4 municipal midwives stationed in the Women and Childrens' Hospital was handed over to the Association and in addition the Municipality appointed 5 new midwives who were also placed under the supervision of the Association. Thus there were 13 midwives, 4 paid by the Association and 9 by the Municipality. These were stationed in different centres throughout the town. The work of supervising them was entrusted to a single Honorary Supervisor who was given a carriage allowance of Rs. 50 per mensem and Dr. B. Colaço was appointed for the

place. Besides paying the full salary and house rent of their midwives (Rs. 20 plus 5 to Madras trained midwives and Rs. 15 plus 5 to locally trained ones plus Rs. 2 as a special case to the midwife of Kodialbail west ward) the Association paid Rs. 2 extra to each of the Municipal midwives to bring their house rent (Rs. 3) up to the level of the house rent of the Association's midwives:

As the income of the Association was getting less and as compared to the birth rate the number of midwives was more than necessary, the executive committee resolved to discharge the midwives maintained at their cost. To effect further economy the carriage allowance of the Honorary Supervisor was reduced to Rs. 30, thus effecting a saving of Rs. 117 monthly.

Reports of the working of the maternity and childwelfare department for the year 1922 and 1923 are appended hereto.

The Committee have much pleasure in referring to the remarks of the Government of Madras made in reviewing the Municipal Administration of the Mangalore Municipality for the year 1921—1922, which are as follows—

"..... In maternity relief, Mangalore sets an excellent example with its 21 trained midwives, 9 of whom are employed by the municipality. These attended between them 1,050 confinements (against 757 in 1920—21) which works out at 75 per cent. of the recorded births. Infant mortality is recorded as only 143 per thousand births. For these results, the Council is indebted to the excellent work of the District Health and Welfare Association as well as to its own exertions. The arrangement by which the Health and Welfare Association is entrusted with the supervision of the whole of the maternity relief and childwelfare work in the town is one which deserves to be copied by every other municipality in the presidency." Our work is also referred to with appreciation in the report for the year 1923 of the Madras Presidency Maternity and Childwelfare Association issued in February.

During the year 1921 a magic lantern was bought but as no slides were then available the lantern could not be made use of. A set of slides has been ordered.

The committee hopes that, with greater co-operation from the generous public it will be enabled to undertake health work in other directions. The following may be specially mentioned as some of the directions in which the Association wishes to extend its work in the immediate future.

(i) Establishing a welcome home for babies.

(ii) Arranging lectures on health subjects, specially the bringing up of children.

(iii) Regulating the erection of new house buildings in vacant sites with an eye to the prevention of congestion and adequate access to dwelling houses, by widening roads and lanes and leaving spaces for additional roads and lanes necessary for easy access and for sanitary purposes.

H. Balakrishna Rau,
Hon. Secretary.

J. A. Saldanha,
President.

APPENDIX

List showing Receipts and Expenditure of the S. K. H.

		1920—4 months					
		Receipts			Expenditure		
		Rs.	A.	P.	Rs.	A.	P.
	Balance as per Cash Book brought forward	..	..	..	..	..	..
1	Donations	742	0	0	..	..	..
2	Subscriptions	224	0	0	..	..	..
3	Contributions from various sources :—						
	(*a*) Government Sanction for Magic Lantern	..	..	..	..	..	..
	(*b*) Proceeds of Entertainments	..	..	..	..	..	..
	(*c*) Gift of Members of the Ladies' Club	..	..	..	..	..	..
	(*d*) Municipality towards Establishment Pay	..	..	..	..	..	..
	(*e*) Mangalore Taluk Board	..	..	..	..	..	..
4	Permanent advances	10	0	0	18	4	0
5	Supervisor's Carriage Allowances	..	..	..	..	..	..
	Refunds in do.	..	..	..	..	..	..
6	Bill Collector's Pay	..	..	..	10	8	0
7	Midwives Pay	..	..	..	15	0	0
	Refunds in do. and fines.	..	..	..	..	..	..
8	House rent allowance to midwives	..	..	..	5	0	0
	Refunds in do.	..	..	..	..	..	..
9	Deposits	..	..	..	..	..	..
10	Interest on Deposits.	..	..	..	..	..	..
11	Medical Instruments	..	..	..	..	..	..
	Recoveries for broken instruments &c.	..	..	..	..	..	..
12	Medicines	..	..	..	0	13	0
13	Accouchment Allowances	..	..	..	..	..	..
	Refunds in do.	..	..	..	..	..	..
14	Magic Lantern	..	..	..	..	..	..
15	Contingent Expenditure	..	..	..	..	..	..
	Refunds in do.	..	..	..	..	..	..
16	Stationery Articles	..	..	..	19	10	9
17	Postage Charges	..	..	..	0	13	3
	Recoveries in do.	..	..	..	..	..	..
18	Discount on Cheques	..	..	..	0	4	0
	Do. on articles purchased	..	..	..	..	..	..
19	Miscellaneous Expenditure	..	..	..	..	..	..
	Balance as per Cash Book	..	..	..	*905	11	0
		976	0	0	976	0	0
	Balance as per Cash Book at end of year	*905	11	0	..	..	..
	Amount outstanding as Deposit.	..	..	..	..	..	..
	Total Assets at end of the year	905	11	0	..	..	..

* This amount was subsequently deposited in the Post Office Savings Bank as per Managing Committee.

A.

and W. Association for the past four Calendar years.

1921—12 months						1922—12 months						1923—12 months						Total					
Receipts			Expenditure			Receipts			Expenditure			Receipts			Expenditure			Receipts			Expenditure		
Rs.	A.	P.	Rs.	A.	P.	Rs.	A.	P.	Rs.	A.	P.	Rs.	A.	P.	Rs.	A.	P.	Rs.	A.	P.	Rs.	A.	P.
*905	11	0	..	.	.	298	3	0	..	.	.	267	9	6	..	.	.	..	.	.	..	.	.
725	8	0	..	.	.	107	0	0	..	.	.	1	0	0	..	.	.	1,576	8	0	..	.	.
,445	0	0	..	.	.	1,224	0	0	..	.	.	818	0	0	..	.	.	3,711	0	0	..	.	.
500	0	0	..	.	.	..	.	.	..	.	.	..	.	.	..	.	.	500	0	0	..	.	.
764	8	0	..	.	.	117	0	0	..	.	.	..	.	.	..	.	.	881	8	0	..	.	.
..	.	.	..	.	.	..	.	.	..	.	.	131	0	0	..	.	.	131	0	0	..	.	.
..	.	.	..	.	.	..	.	.	..	.	.	512	0	0	..	.	.	512	0	0	..	.	.
..	.	.	..	.	.	100	0	0	..	.	.	..	.	.	..	.	.	100	0	0	..	.	.
..	.	.	30	0	0	41	11	0	40	0	6	..	.	.	..	.	.	51	11	0	88	4	0
..	.	.	241	14	11	..	.	.	423	13	11	..	.	.	159	0	0	..	.	.	824	12	10
14	8	3	..	.	.	..	.	.	..	.	.	..	.	.	..	.	.	14	8	3	..	.	.
..	.	.	144	0	0	..	.	.	144	0	6	..	.	.	144	0	0	..	.	.	442	8	0
..	.	.	1,015	12	10	..	.	.	685	0	0	..	.	.	267	0	0	..	.	.	1,982	12	10
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..	.	.	347	12	6	..	.	.	354	1	1	..	.	.	252	0	0	..	.	.	958	13	7
0	4	3	..	.	.	4	15	11	..	.	.	..	.	.	..	.	.	5	4	2	..	.	.
,450	0	0	5,050	0	0	3,325	0	0	3,205	0	0	3,455	0	0	4,250	0	0	10,230	0	0	12,505	0	0
59	2	0	..	.	.	98	8	0	..	.	.	103	10	6	..	.	.	261	4	6	..	.	.
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66	9	0	..	.	.	..	.	.	..	.	.	..	.	.	..	.	.	66	9	0	..	.	.
..	.	.	128	14	6	..	.	.	44	11	3	..	.	.	..	.	.	..	.	.	174	6	9
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0	8	0	..	.	.	..	.	.	..	.	.	..	.	.	..	.	.	0	8	0	..	.	.
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1	3	6	..	.	.	..	.	.	..	.	.	..	.	.	..	.	.	1	3	6	..	.	.
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9	12	0	..	.	.	..	.	.	..	.	.	..	.	.	..	.	.	9	12	0	..	.	.
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..	.	.	298	3	0	..	.	.	267	9	6	..	.	.	84	3	4	..	.	.	84	3	4
7,943	13	0	7,943	13	0	5,342	5	11	5,342	5	11	5,288	12	0	5,288	12	0	18,079	7	5	18,079	7	5
298	3	0	..	.	.	267	9	6	..	.	.	84	3	4	..	.	.	84	3	4	..	.	.
1,600	0	0	..	.	.	1,480	0	0	..	.	.	2,275	0	0	..	.	.	2,275	0	0	..	.	.
1,898	3	0	..	.	.	1,747	9	6	..	.	.	2,359	3	4	..	.	.	2,359	3	4	..	.	.

resolution passed at aGeneral Meeting of the

P. F. X. Saldanha,
Honorary Treasurer.

APPENDIX-B.

No.	Subscribers' Names	Donation	Subscription	Total	Until which month subscription is paid
		Rs.	Rs.	Rs.	
1	R. H. Ellis Esq.	100	140	240	
2	Rt. Rev. Dr. Perini	100	210	310	Up to end of March '24.
3	H. R. Morgan Esq.	100	240	340	
4	Rao Bahadur N. Subba Rao Avgl.	50	91	141	Do. February '24.
5	Khan Bahadur Haji Abdulla Kasim	50	24	74	Do. October '21.
6	A. J. Lobo Esq.	40	29	69	Do. February '23.
7	Hormusjee Nowrojee Esq.	10	Nil	10	
8	Mrs. K. Sadashiva Rau	10	Nil	10	
9	Mrs. M. Lobo	10	Nil	10	
10	Mrs. J. V. Saldanha	5	Nil	5	
11	A. C. Gonsalves Esq.	10	Nil	10	
12	Mrs. Rodrigues	10	Nil	10	
13	P. F. X. Saldanha Esq.	25	86	111	Do. May 23
14	R. B. Raghavendra Rau Avgl.	25	44	69	Do. August '22.
15	A Sympathiser	25	10	35	
16	J. V. Saldanha Esq.	25	36	61	Do. March '22.
17	R. B. S. Raghunathayya Avgl.	25	41	66	Do. February '24.
18	R. B. Dr. V. Varghese	20	18	38	Do. June '21.
19	N. Venkat Rau Avgl.	20	54	74	Do. January '23.
20	K. C. Manavedan Raja Avgl.	15	28	43	Do. Decem. '21.
21	E. C. Mascarenhas Esq.	15	39	54	Do. Decem. '23.
22	A. Santha Alva Avgl.	10	Nil	10	
23	Mrs. Rosa Brito	5	Nil	5	
24	J. Brito Esq.	5	Nil	5	
25	Mrs. N. Venkat Rau	5	Nil	5	
26	M. Shankernarayan Rau Avgl.	3	Nil	3	
27	H. Hassan Saheb Bahadur	5	Nil	5	
28	J. P. Rego Esq.	10	38	48	Do. Novem. '23.
29	F. B. Camillo Saldanha Esq.	10	1	11	
30	Ullal Sanjiva Rau Avgl.	10	12	22	Do. Decem. '21.
31	Dr. N. Panduranga Rau	10	17	27	Do March '22.
32	Felix Albuquerque Esq.	10	38	48	Do. Novem. '23.
33	K. M. Soma Avgl.	10	Nil	10	
34	M. K. Basappa Avgl.	10	3	13	
35	Miss V. V. Janaki	10	41	51	Do. February '24.
36	B. Mahabala Heggde Avgl.	10	54	64	Do. June '23.
	Carried over . .	813	1,294	2,107	

No.	Subscribers' Names	Donation	Subscription	Total	Until which month subscription is paid
		Rs.	Rs.	Rs.	
	Brought forward.	813	1,294	2,107	
37	D. B. M. M. Bangera Avgl.	10	76	86	Up to end of Novem. '23.
38	Rev. Fr. M. P. Collaço	10	48	58	Do. Decem. '24.
39	Rao Saheb K. Ranga Rao	10	3	13	
40	M. Mukunda Rau Avgl.	5	43	48	Do. July '23.
41	A. Shrinivas Pai Avgl.	5	40	45	Do. February '24.
42	C. Karunakaran Nair Avgl.	5	6	11	Do. April '21.
43	B. Rama Rau Avgl	1	Nil	1	
44	Gollerkery Krishna Rau Avgl.	5	12	17	Do. Septem. '21.
45	Doctor M. Shiva Rau	5	46	51	Do. April '24.
46	M. Panduranga Kini Avgl.	5	2	7	Do. February '21.
47	Doctor P. Bhavani Rau	5	12	17	Do. Decem. '22.
48	H. M. Puttur Saheb	5	10	15	
49	Doctor A. Shiva Rau	5	12	17	Do. Sept. '21.
50	P. F. B. Albuquerque Esq.	5	42	47	Do. March '24.
51	Joachim Saldanha Esq.	5	Nil	5	
52	Mrs. Florence	5	Nil	5	
53	T. Roberts Esq.	2	22	24	Do. March '24.
54	A. V. J. Vas Esq.	5	15	20	Do. May '22.
55	Mrs. J. H. A. Mascarenhas	5	1	6	
56	Mrs. Annie Lobo	2	12	14	Do. Sept. '21.
57	Rev. Fr. A. J. D'Souza	Nil	36	36	Do. March '24.
58	S. Katre Esq.	Nil	30	30	Do. March '23.
59	Dr. B. Colaco	Nil	36	36	Do. Sept. '23.
60	Denis Saldanha Esq.	Nil	11	11	Do. August '21.
61	A. Rama Rau Avgl.	5	39	44	Do. January '24.
62	Mrs. M. S. Shresta	5	42	47	Do. April '24.
63	Mrs. Lalitha Bai	Nil	10	10	Do. July '21.
64	Haroon Haji Abdul Satar Shet	Nil	35	35	Do. August '23.
65	Mrs. Purushothama Nanji Shet	Nil	22	22	Do. July '22.
66	Mrs. B. H. Veeramma	Nil	39	39	Do. Decem. '23.
67	Doctor U. Bhavani Rao	5	Nil	5	
68	K. Lakshman Rao Avgl.	5	Nil	5	
69	Mrs. Sujir Raghunathayya	5	Nil	5	
70	Mrs. K. Sunder Rau	4	Nil	4	
71	Mrs. M. Raghuvendra Rau	2	Nil	2	
72	Mrs. M. Shiva Rau	2	Nil	2	
73	Mrs. R. M. Savur	2	Nil	2	
	Carried over.	953	1,996	2,949	

No.	Subscribers' Names	Donation	Subscription	Total	Until which month subscription is paid
		Rs.	Rs.	Rs.	
	Brought forward . .	953	1,996	2,949	
74	Mrs. M. Babu	2	Nil	2	
75	Mrs. N. N. Suvarna	1	Nil	1	
76	Mrs. G. Somashekar Rau	2	Nil	2	
77	Mrs. M. Madhava Rau	1	Nil	1	
78	Mrs. S. Amrit Rao	2	Nil	2	
79	Mrs. H. Manorama Bai	2	Nil	2	
80	Mrs. A. Rama Rau	5	Nil	5	
81	Mrs. K. R. Karant	1	Nil	1	
82	Bolar Vittal Rau Avgl.	5	Nil	5	
83	A. B. Pinto Esq.	5	Nil	5	
84	B. Rama Rau Avgl., Puttur	5	5	10	
85	B. S. Albuquerque Esq.	Nil	5	5	
86	R. F. Colaco Esq.	Nil	41	41	Up to end of February '24.
87	Fr. J. M. D'Souza	Nil	1	1	
88	N. B. Somappa Avgl.	2	Nil	2	
89	M. Achuthayya Avgl.	Nil	16	16	Do. June '22.
90	A. T. Punja Avgl.	Nil	12	12	Do. March '22
91	S. L. Mathias Esq.	10	68	78	Do. Decem. '23.
92	Mrs. Colaco	2	Nil	2	
93	Casmir D'Souza Esq.	3	Nil	3	
94	Albert Sequeira Esq.	2	Nil	2	
95	A. Devappa Punja Avgl.	Nil	48	48	Do. February '23
96	Mrs. Sabina Lobo	Nil	35	35	Do. January '24.
97	L. H. Ley Esq.	40	30	70	Do. Sept. '21.
98	J. C. Howison Esq.	15	Nil	15	
99	J. G. Hamilton Esq	40	95	135	Do. January '22.
100	F. W. Winterbotham Esq.	10	Nil	10	
101	W. W. Fanakan Esq.	10	Nil	10	
102	C. L. Gordon Esq.	15	Nil	15	
103	C. E. Lance Esq.	5	Nil	5	
104	Mr. & Mrs. Thorpe	10	Nil	10	
105	A. Rigby Esq.	10	Nil	10	
106	M. Nowrojee Esq.	20	90	110	Do. Decem. '23.
107	C. H. Morgan Esq.	90	360	450	Do. March '24.
108	B. A. Baker Esq.	2	14	16	Do. May '22.
109	W. E. Tomlinson Esq.	5	20	25	Do. January '22.
110	V. Ramachandra Iyer Avgl.	15	18	33	Do. March '22.
	Carried over . .	1290	2854	4144	

42

No.	Subscribers' Names	Donation	Subscription	Total	Until which month subscription is paid
		Rs.	Rs.	Rs.	
	Brought forward . .	1290	2854	4144	
111	R. E. Ellis Esq.	20	45	65	Up to end of January '22.
112	L. G. Maclver Esq.	10	Nil	10	
113	G. S. P. Percival Esq.	Nil	25	25	Do. Sept. '21.
114	P. A. Booty Esq.	5	45	50	Do. April '22.
115	Lieut. Col. J. Kirkwood	Nil	150	150	Do. March '24.
116	J. S. Rose Esq.	Nil	25	25	Do. May '22.
117	A. Ramacha Nedungadi Avgl.	Nil	41	41	Do. Decem. '22.
118	S. N. V. Rajachar Avgl.	Nil	15	15	Do. March '23.
119	K. S. Bhat Avgl.	1	Nil	1	
120	Mrs. Coelho.	2	Nil	2	
121	R. M. Ray Esq.	5	Nil	5	
122	A. Ramaya Punja Avgl.	Nil	35	35	Do. February '24.
123	Commonwealth Trust Ltd.	Nil	675	675	Do. June '23.
124	P. Machado Esq.	Nil	24	24	Do. Sept. '23.
125	T. Ananda Rao Avgl.	Nil	18	18	Do. March '23.
126	J. Fernandes Esq.	Nil	3	3	For October '21.
127	H. Balakrishna Rau Avgl.	Nil	1	1	Do. Novem. '22.
128	Manjeshwar Shrinivasa Rau Avgl.	5	1	6	Do. January '23.
129	George Lobo Esq.	Nil	22	22	Do. January '24.
130	M. Madhava Rau Avgl.	2	Nil	2	
131	M. V. Shastri Avgl.	Nil	19	19	Do. February '24.
132	C. D. Silva Esq.	Nil	20	20	Do. March '24.
133	K. Narayana Rau Avgl.	4	Nil	4	
134	V. S. Narayana Ayyar Avgl.	Nil	12	12	Do. January '23.
135	R. Balasubramanya Iyer Avgl.	Nil	2	2	Do. Decem. '22.
136	J. A. Saldanha Esq.	Nil	15	15	Do. January '24.
137	C. J. Varkey Esq. [s. c.	1	Nil	1	
138	Dr. B. G. Prabhu, L. M. & S., B. S.	Nil	3	3	Do. March '24.
	Total . .	1345	4050	5395	

CodialbailPress, Mangalore, S. K.

Report on the working of the South Kanara District Health and Welfare Association for the years 1924 and 1925.

The Executive Committee of the Association begs to submit the following Report on the working of the Association during the Calendar years 1924 and 1925. The delay in the submission of the Report is due to the following causes :—

(1) The offices of the Secretary and of the Supervisor of midwives having been vested in one and the same individual.

(2) As there is no clerk all the clerical work had to be done by the Secretary and Supervisor.

(3) Consequently there was barely time to do more than routine work.

(4) Auditing the accounts not having been done.

Office Bearers. Mr. J. A. Saldanha, B. A., LL. B., M. L. C. who was elected in 1923 as the first non-official President in the place of the Collector President, continued to be in charge of the office during the period. Colonel Kirkwood was the Vice President except during the period he was on leave when Major Leslie, I. M. S., his successor, took his place. Mr. H. Balakrishna Rau and Mr. P. F. X. Saldanha acted as the Secretary and the Treasurer respectively for the year 1924, but in the month of January 1925 both of them resigned simultaneously. Their places were taken up by Rao Sahib B. Colaço and Mr. A. Rama Rau. Both of them still continue in office.

Management. The affairs of the Association are conducted by the Executive Committee consisting of the above named President, Vice-President, Secretary and Treasurer assisted by 17 members namely the Bishop of Mangalore, the Collector of the District, the Chairman and the Vice Chairman of the Mangalore Municipality, the President of the District Board of South Kanara, the President of the Mangalore Taluk Board, the Assistant to the District Medical Officer, the District Health Officer, the Municipal Health Officer, the Lady Apothecary, Women and Children's

Hospital, Mrs. M. S. Shreshta, Secretary, Ladies' Club, Mrs. A. J. Lobo, Mrs. Manorama Bai, M. R. Ry. A. Srinivasa Poi Avergal B. A., B. L., Rao Sahib B. Mahabala Hegade B. A., B. L., Rev. Fr. A. J. D'Souza and Mr. H. M. Puttur Sahib. The Executive Committee thus consists of officials and non-officials, ladies and gentlemen, clergymen, lawyers, merchants, landholders, men in charge of self governing institutions, ladies in charge of ladies' clubs, teachers and medical officers, the last preponderating.

Meetings. General Meeting—One General Meeting was held on the 29th of May 1924. At this meeting the Annual Report was read. The decrease in the infantile mortality of the town after the Association was started was noted and appreciated. A Sub-Committee was formed to suggest a scheme for the establishment of a Welcome Home for babies and also to arrange for Health-Lectures. The meeting also promised that the Association would render assistance to the Municipal Council, Mangalore, in carrying out the byelaws and the town planning scheme under Section 8. The meeting also dissolved the then existing Executive Committee, and elected a new Committee consisting of President—Mr. J. A. Saldanha, B. A., LL. B., M. L. C., Vice-President—District Medical Officer, Lieutenant Colonel J. Kirkwood, I. M. S. Secretary—Mr. H. Balakrishna Rau, B. A., B. L. Treasurer—Mr. P. F. X. Saldanha, Dy. Secretary—Dr. B. Colaço, The Bishop of Mangalore, The Collector of S. Kanara, The Chairman of the Municipality, The Vice-Chairman of the Municipality, President of the District Board, S. Kanara, President, Mangalore Taluk Board, Mr. H. M. Puttur Sahib, Mr. A. Rama Rau, Mr. A. Srinivasa Poi, B. A., B. L., Rev. Fr. A. J. D'Souza, Mr. T. Roberts, Rao Sahib B. M. Hegade, B. A., B. L., Mrs. M. S. Shreshta, Mrs. Manoram Bai, Mrs. A. J. Lobo, and Miss V. V. Janaki. It should be noted that Mr. Souter the then Collector took much interest in the meeting. 12 members attended.

Executive Committee Meetings. 4 meetings were held in the year 1924 and 7 in the year 1925. One meeting of 1925 was adjourned for want of quorum. Average attendance for the meetings was 7.09. The following business was transacted at these meetings:—

January 24.—Rules regulating the correspondence between the midwives and the Supervisor were framed. The duties of the bill collector were defined. A sum of Rs. 100 was sanctioned for the ensuing Health and Baby Week. Mr. & Mrs. Souter, who were present at the meeting by invitation, proposed to start a creche and clinic for Women and Baby Health Welfare. It was resolved that a conversation be held in the Ladies' Club during the Baby Week at which Mrs. Souter should speak and proposals finally discussed in the next Annual Meeting. 6 members attended.

April 24.—Attended by 5 members. Draft Annual Report adopted with a few additions. Resolved to address the Municipal Council to exercise strict supervision over the construction of new buildings in order that a condition of congestion and lack of adequate access to the dwelling houses should be prevented.

June 1924.—8 members present. Special meeting convened for the purpose of recording the sense of high appreciation of the valuable services rendered by Lieutenant-Colonel Kirkwood to the Association as its Vice-President by giving him a send off and by instituting a permanent memorial of his connection with Mangalore. A sub-committee was appointed for the purpose.

November 1924—8 members present. Dr. Mathews, Director of Public Health, Madras, was also present. Major Leslie was elected Vice-President in succession to Colonel Kirkwood. Rs. 100 were sanctioned for the Baby Week of 1925. Resolved to address the Secretary, Local and Municipal Department, Madras, regarding the urgent need of a grant to the Women and Children's Hospital Mangalore, for its extension and the improvement of the Maternity Ward.

January 1925—Resolved to record the sense of sorrow of the Executive Committee at the sad demise of the late Rao Bahadur Mr. S. Raghunathaya, a valued member of the Executive Committee and to convey to the members of the family its condolence and sympathy. At this meeting the Secretary, Mr. H. Balakrishna Rao and the Treasurer, Mr. P. F. X. Saldanha, tendered their resignation. The resignation of both was accepted and the Committee passed a resolution in appreciation of their valuable services. Dr. B. Colaço, the Dy. Secretary and the Supervisor of midwives, was elected

Secretary in addition to his own offices and Mr. A. Rama Rao, retired Superintendent of Telegraphs, was elected as the Treasurer. 8 members were present.

May 1925. Only 3 members were present. Meeting adjourned for want of quorum.

June 1925. 5 members present. Resolved to recommend to the Municipality and to the Landing and Shipping Committee to take necessary steps with regard to Town Planning and to Sanitary improvement of the foreshore of the Bunder respectively. Resolved to increase the strength of the association and to improve its financial condition. Resolved to open a Baby Welcome Home as an experimental measure for 6 months, from 1—7—1925 and funds were allotted for the same. The duty of seeing to collections was allotted to the Treasurer. The Lady Apothecary in charge of Women and Children's Hospital, the Assistant Surgeon, the District Sanitary Officer and the Municipal Health Officer were appointed as members of the Executive Committee, the first in place of Miss V. V. Janaki transferred to Calicut and the rest in the places of Mr. A. Rama Rao, Dr. B. Colaço and Mr. T. Roberts (resigned). The Honorary Secretary was congratulated on the distinction of Rao Sahib conferred on him by Government. It was resolved to hold meetings of the Committee monthly.

July 1925. Special meeting attended by 8 members—14 ladies were requested to form into a committee to supervise the B. W. Home. The Commonwealth Trust Ltd. was thanked for the handsome donation of Rs. 600.

August 1925. 8 members—3 sub-committees were formed, namely (*a*) Financial, to enrol more members and to improve the finances, (*b*) committee to deliver health lectures and magic lantern shows (*c*) Ladies' committee; for the supervision of the Baby Welcome Home. It was also resolved to arrange for the affiliation of the Association to the Maternity and Child Welfare Association, Madras.

September 1925. 7 members present. Read letter from retired Tahsildar Mr. A. Devappa Punja B. A., B. L. offering to construct a building for the combined use of this Association and the District Advancement Association if any one of the sites mentioned in the letter be given to him. Mr. Punja was thanked

for the offer and a committee was formed to find out the most suitable site.

October 1925. Resolved to forward Mr. Punja's letter to the Collector of S. Kanara with a request to arrange for the acquisition of the site selected by the Committee. Read Municipal Health Officer's letter enclosing papers in connection with the celebrations of the next Health and Baby Week. Read also Health Propaganda Report for August and September 1925 and the Programme of Tour of Health Visitor, Mrs. Zaccheus. The Secretary and the Health Officer of the Municipality were requested to draw up a scheme for the Celebration of the Health and Baby Week. 6 members present.

December 1925. 9 members present. Resolved to continue the Baby Welcome Home at a more suitable site selected by the District Medical Officer and the Chairman of the Municipal Council. Estimated cost Rs. 100 per mensem out of which Rs. 25 to be borne by the Maternity and Child Welfare Association, Madras, and the rest by the Mangalore Municipality. The scheme prepared for the celebration of the Health and Baby Week was passed with certain amendments—and Rs. 100 were sanctioned for the cost of the same out of the Association funds. The Mangalore Municipal Council was asked to contribute not less than Rs. 100.

Besides the transaction of business mentioned above, the report of the work done by the Supervisor and midwives, the copies of the diary of the Supervisor, and the financial statements were presented and bills were passed at these meetings.

Membership. 34 members paid their subscription during the year 1924 in sums varying from Rs. 10 to Re. 1 per mensem. During the year 1925, 36 paid in sums varying from Rs. 25 to 1. In addition there were donations from 5—*vide* appendix No. I.

Finances. The year 1924 opened with a balance of Rs. 2,347—4—4. (The balance as given in last Report is Rs. 2,359-3-4. accounts have not been audited.) The receipts for 1924 and 1925 were Rs. 732—2—6 and Rs. 1,270—5—3 respectively—a total of Rs. 2,002—7—9. The expenditure was Rs. 819-5-3 and Rs. 1,152—13—7, respectively, a total of Rs. 1,972—2—10, leaving a balance

of Rs. 2,377-9-3½ on the 31st of December 1925 of which Rs. 2,050 have been deposited by the Treasurer in the Laxmi Bank and Rs. 327—9—3 are in hand. *Vide* appendix No. II.

Baby Welcome Home. From the 1st of July 1925, a Baby Welcome Home was opened in Hampankatta, the reputed centre of the town, as an experimental measure, for 6 months under the supervision of a committee of ladies. The experiment was not a good success mainly owing to the fact that there was not a trained nurse in charge of it and the site was not quite suited for the purpose. The total expenditure incurred during the year for the home was Rs. 248—15—1. Statement of work done at the Home is shown in Appendix III. It has been resolved to open the Home in a new centre with full equipment and staff.

National Health and Baby Weeks. Were celebrated at the commencement of both the years 1924 and 1925. Although strictly not under its auspices, the association contributed handsomely towards the celebrations and helped a good deal otherwise, thus making the celebrations a success.

Maternity and Child Welfare work. The most important work the association has been doing for two years under report consisted in supervising the work of 9 midwives located in nine different portions of the town. Each midwife is expected to pay house to house visits in her ward, note down in her diary the names of expectant mothers and children under 1 year of age discovered by her during the visits, visit them once a month, attend to confinements and subsequent 10 days and thereafter once a month until the child is one year old. They are also expected to visit mothers confined by other trained midwives or country midwives. In addition to checking their diaries the Supervisor is expected to visit mothers and babies at their houses, instruct the mothers, prescribe when necessary and distribute money doles among the poor, either for food to the mother or milk to the baby in case of deficiency of mother's milk and also baby's frocks.

During the year 1924, the midwives made 27,664 house to house visits registered the names of 1356 expectant mothers and 301 children under 1 year of age brought from outside the Municipality and delivered 1311 cases and visited 152 cases delivered by other

trained midwives and 346 cases of country midwives. The supervisor made 842 visits, gave 197 prescriptions, distributed Rs. 142—6—0 among 91 mothers, and 96 baby's frocks. He has also done propaganda work in maternity and child welfare.

During the year 1925, the midwives made 25,357 house to house visits, registered the names of 1389 expectant mothers and 204 children under 1 year of age brought from outside Municipal limits and delivered 1242 cases and visited 122 cases delivered by other trained midwives and 333 cases of country midwives. The Supervisor made 1434 visits, gave 246 prescriptions, distributed Rs. 115 among 111 mothers and 28 baby's frocks. He has also done propaganda work.

The Registrar reported 2,038 births and 6 deaths among mothers and 295 deaths among children under 1 year of age during 1924, and 1865 births and 16 deaths among mothers and 204 deaths of children under 1 year of age, during 1925. The rate of infant mortality for 1924, was 144·74 and for 1925, 109·38. The last is the lowest on record for the past 9 years.

The maternity and child welfare work has been a real boon to the people of Mangalore and as such is well appreciated. The midwives are paid by the Municipality but the Association contributed Rs. 20 per mensem for all to increase the house rent of Rs. 3 paid by the Municipality for each midwife. The Supervisor cost the Association, Rs. 131-8-0 as carriage allowance plus Rs. 142-6-0 as accouchment allowance to poor mothers and babies, total Rs. 273—14—0 in 1924 and Rs. 190—13—0 and Rs. 115—0—0 respectively, total Rs. 305—13—0, in 1925, the services of the Supervisor being free.

Health Propaganda Work. Under the management of the energetic Health Officer of the Municipality a series of lectures bearing on different subjects were given in different parts of the town, some with the aid of magic lantern. The President gave a lecture on "Town Planning" in the Y. M. C. A. Other lecturers were Dr. M. N. Poi L. M. P., Dr. K. R. Kini M. B. B. S, Dr. Coelho M. B. B. S., Dr. B. Colaço, Mr. Alvares, the Dentist, the Health Officer, himself, Dr. S. S. Hegade, Dr. Giridhar Rau, Dr. Ramachandra Rau,

M. B. B. S., Dr. A. G. Rao, M. B. B. S., Sanitary Sub Inspectors Messrs. Thammannaya, H. Alfred, P. B. Pinto and B. S. Ahamad.

The Health subjects treated were the following:—

Water borne diseases	Enteric Fever
Plague	House fly
Personal Hygiene	Hook Worm
Our Teeth	Drinking Water
Insects	Impurities of Air
Our Food	Main Factors of Infection
Food and Water	Cholera
Filth and Flies	Small Pox

Some 2,000 people attended these lectures.

Conclusion. From the foregoing report we may claim that some substantial work has been done during the period under review. But what has been done is merely the dawn of great things that have to be done in future. We have done some sort of foundation work but the superstructure has still to be built up. This can be done only by much greater efforts and with much more co-operation than has hitherto been given by the public of Mangalore and of the District, and we are sanguine that such co-operation will be given by and by.

Our thanks are due to our subscribers and donors mentioning specially the Commonwealth Trust Ltd., for its handsome subscription and Mr. Charles Morgan for his continued support from the beginning, to the President, Mr. J. A. Saldanha, and the Vice President, Lieutenant Col. J. Kirkwood I. M. S. for the keen interest they have shown in the institution, the numerous private practitioners and others who have willingly helped us in Health Propaganda work, the school authorities who have lent us their halls for health lectures and to the ladies who have supervised the Baby Welcome Home.

Mangalore,
28—5—1926.

B. Colaço,
Honorary Secretary,
for the Executive Committee.

STATEMENT I.

Names of subscribers and donors and the amount paid by them during 1924.

	Rs.
Mr. Charles Morgan	110
His Lordship the Bishop of Mangalore	60
Lt. Colonel J. Kirkwood, I. M. S.	40
Mr. S. L. Mathias	39
„ J. A. Saldanha, B. A., LL. B., M. L. C.	24
„ N. Venkata Rao	24
„ P. F. X. Saldanha	17
Mrs. M. S. Shresta	16
Mrs. Sabina Lobo	14
Rao Sahib B. Mahabala Hegade, B. A., B. L.	14
Very Rev. Monsignor M. P. Collaço	12
Dewan Bahadur A. Ramayya Punja, B. A., B. L.	12
Rao Bahadur S. Ragunathayya, B. A., B. L.	12
Mis. V. V. Janaki	12
Rev. Fr. A. J. D'Souza	11
Mr. A. Rama Rao	11
Mr. M. V. Sastri	11
Mr. A. Srinivasa Pai, B. A., B. L.	10
Mr. R. F. Colaço	10
Dr. B. G. Prabhu, L. M. S. & B. S. SC.	10
Rao Sahib Dr. B. Colaço	10
Rao Sahib A. J. Lobo & Mrs. Lobo	10
Mr. P. F. B. Albuquerque	9
„ G. P. Lobo	9
Rao Bahadur N. Subba Rao	8
Mr. J. P. Rego	8
Mr. J. P. Sequeira, B. A., B. L.	7
Dr. M. Shiva Rau	4
Mr. T. Roberts	4
Rai Sahib E. C. M. Mascarenhas	3
Dewan Bahadur M. M. Bangera, B. A., B. L.	2
Mr. C. D'Silva	2
Mrs. B. H. Veeramma	2
Mr. M. S. Ekambara Rao, B. A., B. L.	1
Total	548

Donations.

	Rs.
Mr. S. L. Mathias	10
„ J. P. Sequeira, B. A., B. L.	10
Total	20

For 1925

Subscribers.

	Rs.
Commonwealth Trust Limited	600
Mr. Charles Morgan	120
„ N. Venkat Rao	48
Lieutenant Colonel J. Kirkwood	30
Mr. S. L. Mathias	26
Rao Sahib B. Colaço	16
His Lordship the Bishop of Mangalore	15
Mr. M. Nowrojee	15
„ G. P. Lobo	15
„ A. Rama Rao	14
Dewan Bahadur A. Ramaya Punja, B. A., B. L.	14
Dr. M. Shiva Rao	14
Rao Babadur N. Subba Rao	13
Rev. Fr. A. J. D'Souza	13
Mr. A. Srinivasa Poi, B. A., B. L.	13
Very Rev. Monsignor M. P. Collaço	12
Dr. B. G. Prabhu, L. M. S., B. S. Sc.	12
Mr. C. D'Silva	12
Mrs. Sabina Lobo	11
Rao Sahib B. Mahabala Hegade, B. A., B. L.	10
Mr. J. P. Sequeira, B. A., B. L.	10
Rao Sahib A. J. Lobo, B. A., B. L. & Mrs. Lobo	10
Mr. P. F. X. Saldanha	8
„ T. Roberts	6
Miss. V. V. Janaki	6
Mr. M. S. Ekambara Rao, B. A., B. L.	6
„ J. A. Saldanha, B. A., LL. B., M. L. C.	5

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Mr. R. F. Colaço	5
Mrs. B. H. Veeramma	5
Mr. J. J. Fernandes, Bar-at-law	5
Miss. Dr. A. D'Cruz	4
Mr. M. V. Sastri	3
Dr. T. V. Gopalan Nair	3
Mr. M. Ramakrishna Punja	3
Dr. F. Saldanha, L. M. S.	2
Rao Bahadur S. Raghunathaya, B. A., B. L.	1
Total	1105

Donors.

Mr. S. L. Mathias	Rs. 2—14—0
Messrs. Rao and Rao	13—0—0
Anonymous	15—0—0
Mr. C. D'Silva	0—8—0
Total	31—6—0

Mangalore,
28—5—1926.

B. Colaço,
Honorary Secretary,
for the Executive Committee.

STATEMENT II

Receipts and Expenditure of the South Kanara District Health and Welfare Association for the years 1924 & 1925.

ITEMS	Actuals during the year 1924			Actuals during the year 1925		
	Rs.	As.	P.	Rs.	As.	P.
Receipts.						
Opening Balance on the 1st of January	2,347	4	4	2,260	1	7
Subscription from members	548	0	0	1,105	0	0
Donations	20	0	0	31	6	0
Interest on investment	145	10	6	133	15	3
Contributions from Madras Maternity and Child Welfare Association	..	..	..	..	..	..
Contributions from the Municipality	..	..	..	..	..	..
Miscellaneous	18	8	0	..	..	..
Total	3,079	6	10	3,530	6	10
Expenditure.						
Carriage Allowance to the Supervisor	131	8	0	190	13	0
Accouchment Allowance to mothers	158	6	0	108	1	6
Additional House Rent to midwives	229	2	6	240	0	0
Medicines and appliances	8	0	0	41	10	9
Diary Books supplied	3	3	0	3	7	0
Baby's Jackets	..	..	..	19	9	0
Stationery and printing	29	11	3	5	13	3
Salary of the Bill Collector	144	0	0	144	0	0
Expenditure connected with Health Propaganda	14	7	6	49	8	0
Contributions to National Health and Baby Week	100	0	0	100	0	0
Baby Welcome Home	..	..	..	248	15	1
Miscellaneous	0	15	0	1	0	0
Total	819	5	3	1,152	13	7
Closing Balance on the 31st of December	2,260	1	7	2,377	9	3

Mangalore,
28—5—1926.

B. Colaço
Hony. Secretary,
for the Executive Committee.

STATEMENT III

Report of Baby Welcome Home, Hampankutta, for 6 months from 1st July 1925 to 31st of December 1925.

1.	No. of days centre was open	151
2.	Total number that attended	137 new
2a.	Daily average	12.51 old and new
3.	Total number of tepid baths given (mothers)	404
3a.	The daily average	2.67
4.	Total number of tepid baths given (children)	1440
4a.	The daily average	9.53
5.	Total number of cold baths given (mothers)	„
5a.	The daily average	„
6.	Total number of cold baths given (children)	„
6a.	The daily average	„
7.	Total number treated for minor ailments	12
7a.	The daily average	2.20
8.	Total No. of Glaxo or milk feeds	356
8a.	No. of babies fed	50
8b.	The daily average	2.35
9.	Total No. of cases sent to hospital (mothers)	2
10.	„ „ „ (children)	2
11.	Total No. of feeds of Rice conjee (mothers)	409
11a.	The daily average	2.70
11b.	No. of women fed	16
12.	Total No. of feeds of Rice conjee (children)	1091
12a.	The daily average	7.22
12b.	No. of children fed	79
13.	Total No. of feeds of Ragi conjee (for a few days Ragi flour was added to Rice conjee).	„
13a.	The daily average Do. Do. Do.	„
13b.	No. of children fed Do. Do. Do.	„
14.	Total No. of pregnant women reported to Corporation or Hospital	„
14a.	Total No. of pregnant women visited by the midwives of the Association	1389
15.	Total No. of confinement cases sent to hospital by the midwives	12

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16.	Total No. of confinement cases conducted by 9 midwives	1242
17.	Total No. of confinement cases (Baby Welcome nurses)	
18.	„ „ Country midwives	328
18*a*.	„ „ private trained midwives	122
19.	No. of sewing classes for mothers	„
20.	„ that attended	„
21.	„ Lectures to mothers	„
22.	„ that attended	„
23.	No. of babies under 1 year on the register	10
24.	„ „ who died during the six months	
25.	„ „ sent to hospital	2

Mangalore,
28. 5. '26.

B. Colaço,
Honorary Secretary,
for the Executive Committee.

C. P. M.

Report on the working of the South Kanara District Health and Welfare Association for the year 1926.

The Executive Committee of the Association begs to submit the following Report on the working of the Association during the Calendar year 1926.

Office Bearers. Mr. J. A. Saldanha, B. A., L.L. B., M. L. C., the President, continued in the office during the year. Colonel Kirkwood, I. M. S. was the Vice-President until March when he was transferred and Major Bharucha, I. M. S. his successor, took his place. Mr. A. Rama Rau continued to be the treasurer and Rao Sahib B. Colaço continued to be the secretary except during the period from the middle of October until the end of December, when Dr. P. G. Nair, the Health Officer, took his place temporarily.

Management. The affairs of the Association were conducted by the Executive Committee consisting of the above named, assisted by 17 members namely, the Collector of S. Kanara, the Bishop of Mangalore, the Chairman and the Vice-Chairman of the Mangalore Municipality, the President of the District Board, the President of the Taluk Board of Mangalore, the Assistant to the District Medical Officer, the District Health Officer, the Municipal Health Officer, the Lady Apothecary, Women and Children's Hospital, Mrs. M. S. Shreshta, Secretary, Ladies' Club, Mrs. A. J. Lobo, Mrs. Manorama Baj, M. R. Ry. A. Srinivasa Pai Avl., B. A., B. L., Rao Sahib B. Mahabala Hegade, B. A., B. L, Rev. Fr. A. J. D'Souza and Mr. H. M. Puttur Saheb. As Rao Sahib B. Mahabala Hegade was elected as President, District Board, and thus became an ex-officio member of the committee, his place was filled up by Rao Bahadur N. Subba Rau. Mr. H. M. Puttur Saheb's place became vacant owing to his sad death during the year.

Meetings. General Meeting was not held owing to various causes.

Executive Committee Meeting. 5 meetings were held successfully and 2 were adjourned for want of quorum. The average for each successful meeting was 7·60. That for adjourned meeting was 3.

No. of Meetings attended by each member.

President	2
Vice-President	5
Treasurer	7
Secretary	5
Collector of South Kanara	0
The Bishop of Mangalore	0
President, Dt. Board, S. Kanara	0
„ Taluk Board, Mangalore	0
Chairman, Mangalore Municipality	2
Vice-Chairman, Mangalore Municipality	1
Assistant to the Dt. Medical Officer	2
District Health Officer	2
Municipal Health Officer	5
Lady Apothecary, Women & Children's Hospital	5
Mrs. M. S. Shreshta	2
„ A. J. Lobo	.
„ Manorama Bai	0
M. R. Ry. A. Srinivasa Pai Avl., B. A., B. L.	0
Rao Sahib B. Mahabala Hegade, B. A., B. L.	1
Rev. Fr. A. J. D'Souza	5
Rao Bahadur N. Subba Rao	0
Mr. H. M. Puttur Saheb	0

The following business was transacted at these meetings.

18th January 1926. 6 members were present. It was resolved to have the accounts audited. Measures were adopted to collect arrears of subscription. Measures were recommended against the spread of plague.

15th April 1926. 9 members were present. Report of National Health and Baby Week passed. An auditor on Rs. 15/- sanctioned. Complaint against beef sold in the market, made by some residents was transferred to the Municipal Council.

16th June 1926. 8 members were present. An Audit Committee consisting of Dr. P. G. Nair, Rev. Fr. A. J. D'Souza and Dr. D'Cruz was appointed. Date of General Meeting and agenda for the same fixed. As Rao Sahib B. Mahabala Hegade became an

ex-officio member by his being elected as the President, Dt. Board, his place was given to Rao Bahadur N. Subba Rao by election.

12th August 1926. 3 members were present. Meeting was adjourned for want of quorum.

15th October 1926. 8 members were present. The number of cases to be conducted by each midwife was fixed at 10. Letter of resignation as a member by Mr. G. P. Lobo was accepted. The Commonwealth Trust Limited was thanked for its handsome contribution of Rs. 300. The audit report submitted by the Committee was accepted and the Committee thanked for its trouble. The secretary was requested to verify the Report with his book and find out if any missing receipts are found. Rs. 100 were sanctioned for the next year's Baby Week.

26th October 1926. 3 members were present. Meeting adjourned for want of quorum.

29th October 1926. 7 members were present. It was resolved to obtain a pronote for Rs. 163 from the bill Collector and his son, the amount defalcated by the first, and his services were dispensed with from the 1st of November 1926. One Misquith was appointed in his place on Rs. 12 per mensem from the 12th of November 1926.

In adition to the above, monthly diaries of the work done by the supervisor of midwives, monthly, half yearly, and annual reports of the work done by the supervisor and midwives, monthly financial reports and quarterly propaganda of health reports were submitted to the meeting.

Membership. The Commonwealth Trust Ltd., gave a handsome donation of Rs. 300. 33 other members gave subscriptions amounting from Rs. 10 to Re. 1 per mensem. Member Colonel J. Kirkwood was transferred and in his place Major J. C. Bharucha became a member. One member Mr. G. P. Lobo resigned and there were 3 new members namely Dr. K. R. Kini, Dr. Giridhara Rau and Rao Sahib Dr. D. R. Colaço. Vide Appendix A.

Finances. The year opened with a balance of Rs. 2,377—9—3. The Receipts amounted to Rs. 1,014—10—6 and the Disbursements to Rs. 992—15—1 during the year under record, leaving a closing balance of Rs. 2,399—4—8 at the closing day of the year. Vide Appendix B.

Baby Welcome Home. The resolution passed to shift the Home to some other locality than Hampankatta has not been carried out. Accordingly there was no Home open during the year.

National Health and Baby Week—was grandly celebrated in the first week of February of the year. The proceedings were elaborate, consisting of an exhibition by means of posters and models and samples of infant foods and medicines, lantern lectures, health dramas in different centres of the town, and Baby Shows with prize distribution to the best babies.

Maternity and Child Welfare Work. During the year the midwives made 27,641 house to house visits, registered the names of 1750 expectant mothers and 336 children under 1 year of age brought from outside the Municipality, and delivered 1466 cases and visited 129 cases delivered by other trained midwives and 272 cases of country midwives. The supervisor made 1318 visits, gave 213 prescriptions and distributed Rs. 114—10—0 among 112 mothers, and 5 baby's frocks. He has also done propaganda work in maternity and child welfare and general sanitation and on agricultural improvement. The registrar reported 1962 births and 5 deaths among mothers and 239 deaths among children under 1 year of age. The rate of infant mortality was 121.30 per mille.

Nine midwives were employed in different wards. The midwives were paid by the Municipality but the Association contributed Rs. 20 per mensem for all. The services of the supervisor were free but carriage allowance of Rs. 167—2—6 was paid to him. Moreover Rs. 129—6—6 was spent by him for doles to poor mothers and babies. Accordingly, the total cost of supervision was Rs. 296—9—0.

Health Propaganda Work. Under the management of the Health Officer of the Municipality 71 lectures bearing on different health subjects were given in different parts of the town, some with the aid of magic lantern the cost having been borne by the Association, and the slides supplied by the Municipality, and others with the aid of charts—in English, Kanarese, Tulu, Konkany and Malayalam, in schools and outside. Some 15,000 people attended these lectures in different parts of the town. Moreover during the Health and Baby Week, 5 health

dramas were enacted in the Ladies' Club and schools. The subjects treated were Malaria, Vaccination, Plague, Milk and Meat, Hookworm, Cholera, Small-pox, Tuberculosis, Leprosy and Child Welfare. The lecturers were Drs. M. Nagappa Poi, Giridhara Rao, P. G. Nair, Thammaya (G. B. V. C.), M. N. Kini, A. G. Rao, M. N. Pai, Sanjiva Hegade, Narayana Nair, and A. G. Nambiar and Sanitary Inspectors Messrs. M. Sitarama Rau, H. Alfred, P. B. Pinto, B. S. Ahmed and B Thammiah. Moreover, the Health Officer and his Assistants paid house to house visits and had short talks with the inmates during the epidemic of small-pox.

APPENDIX A

Names of Subscribers and Donors and the amounts paid by them

	Rs.
The Commonwealth Trust Ltd.	300
Mr. Charles Morgan	120
„ M. Nowrojee	39
„ S. L. Mathias	24
„ J. A. Saldanha	23
Mr. & Mrs. M. Shreshta	20
„ J. P. Rego	17
Major Bharucha, I. M. S.	16
Colonel Kirkwood, I. M. S.	15
Dr. B. G. Prabhu, L. M. S., B. S. Sc.	13
Mrs. Sabina Lobo	13
Mr. J. J. Fernandes, Bar-at-Law	13
„ N. Venkat Rao	12
Miss Dr. A. D'Cruz	12
Mr. A. Srinivasa Pai, B. A., B. L.	12
Monsignor M. P. Collaço	12
Mr. A. Rama Rau	12
Rao Bahadur N. Subba Rau	12
Mr. C. D'Silva	11
Mrs. B. H. Veeranna	11
Mr. J. P. Siqueira	11
Rev. Fr. A. J. D'Souza	10
Dr. K. R. Kini	10
Rao Bahadur A. Ramayya Punja, B. A., B. L.	10
Dr. M. Shiva Rau, L. M. (Dub.) L. R. C. P. & S. (Ed.) L. F. P. & S. (Glas.)	10
„ F. Saldanha, L. M. S.	9
Mr. M. S. Ekambara Rau, B. A.	8
Rao Sahib A. J. Lobo, B. A., B. L. & Mrs. A. J. Lobo	8
Mr. G. P. Lobo	8
Rao Sahib Dr. B. Colaço	7
Dr. P. V. Gopalan Nair	6
Mr. T. Roberts	5
Rao Sahib Dr. D. R. Colaço	1
Dr. Giridhara Rau	1
Total	811

APPENDIX

Statement of Receipts and Expenditure of Association for

Receipts		Rs.	As.	P.
Balance on 1st January 1926		2,377	9	3
Subscription from members		811	0	0
Interest on investments		140	10	0
Recoveries				
Deduction made from the salary of the late midwife M. Moras, for lost instruments given to her	4—8—0			
Amount for doles given to the President in Nov. '24—not entered then	20—0—0			
Recovered from midwife B. Netravathy for lost instruments	5—4—0			
Recovered from the Supervisor—amount of doles	20—0—0			
Recovered from Bill Collector U. Somappa out of his salary for October '26—part amount of the sum defalcated	12—0—0			
Fine on midwife B. Mascarenhas	1—0—0	62	12	0
Balance of Baby Week amounts		0	4	6
	Total	3,392	3	9
Total expenditure		992	15	1
Balance on 31—12—1926		2,399	4	8

of which Rs. 2100 have been invested in the Jaya Laxmi Bank and Rs. 299—4—8 in hand with the Treasurer.

Mangalore,
27—4—1927.

the South Kanara District Health and Welfare
the year 1926

Expenditure	Rs.	As.	P.
Bill Collector	139	9	7
Baby Welcome Home	44	9	6
Allowance to Midwives	238	0	0
Carriage allowance to Supervisor of Midwives	167	2	6
Medicines and appliances to Midwives	83	0	3
Health Propaganda	11	8	0
Stationery and Printing	26	12	9
Health and Baby Week	100	0	0
Doles to mothers	*149	6	6
Receipt stamps	0	6	0
Carriage allowance to Auditors	22	8	0
Advance to Health Officer	10	0	0
Total	992	15	1

* Rs. 20 spent in 1924 and 1925.

B. Colaço,
Honorary Secretary,
S. Kanara Dt. H. and W. Association.

C. P. M—1650—'27.

RULES OF THE SOUTH KANARA DISTRICT HEALTH AND WELFARE ASSOCIATION.

1. The Association shall be called the South Kanara District Health and Welfare Association and shall have its Head Quarters at Mangalore with subordinate branches at the head quarters of each Taluk Board as circumstances permit.

2. The objects of the Association are to stimulate, organize and co-ordinate work for the promotion of public health and welfare in the District.

A. Public health; domestic and personal hygiene by (1) health lectures, (2) publication of pamphlets and leaflets relating to public health and hygiene, (3) instructions in First Aid, (4) house to house visits by health visitors, (5) advancement of instructions in health and hygiene in schools and colleges, (6) special measures against tuberculosis, cholera and other preventible diseases.

B. Maternity and child welfare work by the employment of lady doctors, midwives and lady health visitors.

3. The Association shall consist of an unlimited number of members who shall be classified as follows.

(1) Ordinary resident members.

(2) Ordinary nonresident members.

There shall be 3 grades of subscribers among the ordinary resident members, viz. (*a*) members who pay a subscription of Rs. 3 and above per month, (*b*) members who pay at the rate of Rs. 2 per month, and (*c*) members who pay at the rate of Re. 1. per month.

Nonresident members are such as reside outside Mangalore and shall pay a minimum rate of subscription of Rs. 3 per annum.

4. The general management of the affairs of the Association shall be vested in a President and an Executive Committee. The President, the Vice-President, the Treasurer, the Secretary, the Deputy Secretary and the other members of the Executive Committee shall be elected at a General Meeting. The number of members of the Executive Committee shall not exceed 21, inclusive of the office bearers and ex-officio members.

5. The quorum for meetings of the Executive Committee shall be five and it shall meet at least once a quarter. The President or the Vice-President shall preside at meetings of the Committee and, in their absence, the members present shall elect their own chairman. In the case of equality of votes, the presiding member shall have a casting vote.

6. One third of the ordinary members of the Executive Committee shall retire from office, for the first two years by ballot and thereafter in rotation at every annual General Meeting of the Association. The vacancies shall be filled by election at such meeting and retiring members shall be eligible for re-election.

7. The Executive Committee may fill any vacancy on its own body which may occur between two annual meetings. Persons so appointed to casual vacancies on the Executive Committee shall hold office for the unexpired period of office of the members in whose place they were appointed.

8. The Executive Committee shall, for the purpose of the registration of the Association, be taken to be and shall act as the governing body of the Association.

9. The Secretary and the Treasurer shall respectively discharge such functions as may be assigned to them by the Executive Committee either by byelaws or by rules or resolu-

tions passed in that behalf. Subject to any such rules the Secretary shall carry out the resolutions of the Executive Committee. The Treasurer shall be in charge of the money and properties of the Association not invested in the name of the Association and shall be empowered to deal with them as may be directed by the Executive Committee.

10. On a written requisition from not less than ten members of the Association the Secretary shall call a special meeting of the Association. Not less than 7 days' notice shall be given and the notice shall state the purpose of which such meeting is called.

11. The Executive Committee shall have power to appoint Committees from time to time, consisting wholly or partly of the members of the Association for the purpose of reporting on or investigating any particular subject or for doing any specific work that may be assigned to them.

12. Members of the Executive Committee who fail to attend for 3 consecutive meetings without any sufficient reasons shall cease to hold office.

13. The Executive Committee shall be empowered to constitute Branch Associations consisting of members and subscribers of the Association for any local area in the District. The work of such local Associations shall be subject to such conditions and restrictions as may be laid down by the Executive Committee of the Association.

14. Each local Association shall have power to make its own rules and byelaws not inconsistent with the rules of the Association subject to confirmation by the Executive Committee.

15. The duties of a local Association will be to act as an agent for the Association in the local area, to administer such funds vested in it under the rules and to carry out the objects of the Association in the local area.

16. Local Associations may receive and retain for their use in their own area all subscriptions received from the

members of the Association resident in that area and shall pay an annual affiliation fee to be determined in each case by the Committee.

17. The control of the funds of the Association shall be vested in the Executive Committee.

18. Any sums which cannot be applied immediately or at an early date for purposes of the Association shall be invested in any security authorized under the Indian Trusts Act or in any fixed or current deposit with any Bank or Co-operative Society in the name of the Association.

19. The Treasurer for the time being shall have power to receive and give receipts for all interest and dividends that shall become due in respect of all moneys invested in the name of the Society and subject to the concurrence of the Executive Committee, he shall have power to conduct in the name of the Society all business in connection with the purchase of stocks, shares, investment in Government of India Securities and other investments authorized in Rule 17, to sell, endorse, assign and transfer such securities, to open current accounts with any Bank and to operate on such accounts and, with the consent of the Executive Committee, to overdraw such accounts and pledge securities therefor.

20. The Executive Committee shall have power to appoint, remove or suspend any employee of the Association and to delegate its powers in this respect to the Secretary.

21. The Executive Committee shall publish annually duly audited statements of accounts and also reports of the work done by the Association which shall be placed before the annual meeting for consideration.

22. These rules may be added to or amended or revoked at a General Meeting of the Association by the votes of not less than $\frac{2}{3}$ of the members present and voting at such meeting.

CODIALBAIL PRESS, MANGALORE.

L-8

Short summary of the work done by the South Kanara District Health & Welfare Association since its beginning in 1920.

RECEIPTS.

Government	Rs.	500	
Donations	,,	1,627	
Subscriptions	,,	6,175	
Entertainments	,,	881	
Interest	,,	681	
Municipality	,,	512	
Ladies' Club	,,	131	besides an almirah full of cloths for frocks to babies.
Mangalore Taluk Board	,,	100	
Small items	,,	257	
Total	,,	10,864	

EXPENDITURE

Supervisor for carriage	Rs.	1,314	Rs. 2,006 for Supervisions.
Doles to mothers	,,	692	
Bill Collector	,,	726	
Midwives	,,	3,648	
Medicines and appliances	,,	578	
Magic Lantern	,,	196	
National Health & Baby Week	,,	300	
Baby Welcome Home	,,	293	
Small items	,,	560	
Total	,,	8,307	

WORK DONE BY THE SUPERVISOR.

Visits	Nearly	7000 houses
Prescriptions given	,,	1100
Frocks distributed	,,	500
Pamphlets distributed	,,	1000
Doles to mothers ,,	Rs.	692

DEATH RATE OF INFANTS UNDER 1 YEAR.

1917	160·77	per mille	Before the Association was started.
1918	212·61	,,	
1919	213·47	,,	
1920	147·80	,,	After ,, ,, ,, ,,
1921	138·52	,,	
1922	131·06	,,	
1923	125·06	,,	
1924	144·74	,,	
1925	109·38	,,	
1926	121·30	,,	

Average for 1917 – 18 – 19 = 195·61 per mille
,, 1924 – 25 – 26 = 125·14 ,,
} gain in infants' lives = 70·47 per mille

,, 1920-21-22-23-24-25-26 = 131·12 ,, – gain in infants' lives = 64·49 per mille

} Over those of 1917—18—19

No. of births from 1920 to 1926 = 12000 nearly.

Therefore the net gain in infants' lives during 1920 to 1926 = **773***

Mangalore,
21. 5. 1927.

B. Colaço,
Honorary Secretary,
and late Supervisor of Midwives.

Probably the best result in the Presidency.

C. P. M.—1955—'27.

To

D. S. No. 1

No. 7581 From the Secy of the South Kanara Dt. Health and Welfare Association. Mangalore. 24.

Subject. Donation to the Dt. Health and Welfare Association, Mangalore.

The Dt. Health and Welfare Association, Mangalore, applies for a donation of Rs 50 p.m. i.e. a grant of Rs 600 a year to enable it to carry on health propaganda.

2. Attention is invited to the notes on pages 17 to 20 of G.O. No. 470 (Y) dated 14.2.1929 regarding grants to Health and Welfare Associations. It is not now the policy of the Govt to give grants to Health and welfare associations either for the construction of buildings for the location of the Associations or for their maintenance. An application from the Dt. Health Association Tarikere for a grant towards the cost of constructing a building is separately under consideration.

(W)

3. In G.O. No. 896 P.H. dated 17-4-1928 the Govt have decided to discontinue maintenance grants in the case of newly started medical

Taken in connection with the enclosure letter

File with H.R. No. Some information from the D.P.H. has been called for.

para 19 of the Govt

tions. In the case of special
stations such as the Sanatorium at
Tanapalle, the Govt meet a portion
of the maintenance charges. Even when
maintenance grants are not admissible
the case of medical institutions
newly started by local bodies there
does not appear to be any reason
to make grants towards the cost of the
maintenance of Voluntary health associations or
towards the cost of health propaganda
carried out by them. The proposal
may be negatived. The D.P.H may perhaps
be consulted us first.

4.3.29

DIRECTOR OF PUBLIC HEALTH
394. Sany.
7 MAR 1929

Office of the Director of Public Health,
Madras, 18th March 1929.
R.No.394-1-Sany.

The application may be negatived.

Captain, D.P.H.,
Ag. Director of Public Health, Madras.

SECRETARY TO GOVERNMENT
24 MAR 1929
PUBLIC HEALTH DEPARTMENT

Secy. L.S.G.(P.H.). u.o.
JH.V.18.Exd.

1287

A draft order is submitted

1-3-29.

26.3.29

Sect. H-5 (a)—48,004—6-11-28. (6)

29/23-3

	Date.	Initials.
When received for Fair-copying.		
When copied ..	23 3	HD
When examined ..	29	
When signed ..	23/3	DVZ
When despatched ..		

12

L. S. (U.P.N.) DEPARTMENT

READ AGAIN G.O. No. ....., dated 192

" " " " ..... " 192

READ ALSO :—

C. No. 7581 From the Secy. to Govt. Health and Welfare Association Mangalore, No. Letter dated 24-2-1929.

" " ..... " " " ..... " ..... 192.

D. P. H. 394-1 Samy. d 18-3-29.

" " ..... " " ..... " ..... 192.

Dp 273 ORDER. No. 784, dated 23-3-192 9

The Secretary, South Kanara Health and Welfare Assc., Mangalore is informed that the Govt. do not prepared to sanction any grants for carrying on health and welfare propagan

Dpd. by Van / Post / Messenger
Dpr's initials.
Date 23/3/1929
25

(2)

Sm 21.3.29

Dp 21.3.29

11/3

To

The Secy South Kanara Dt. Health & Welfare Asso. Esq.
Asso. Kankanady P.O
Mangalore.

To D. P. H. Esq.